



US009050491B2

(12) **United States Patent**
Gordon et al.

(10) **Patent No.:** **US 9,050,491 B2**
(45) **Date of Patent:** **Jun. 9, 2015**

(54) **VARIED GAIT EXERCISE DEVICE WITH ANATOMICALLY ALIGNED HIP PIVOTS**

(71) Applicant: **EXERCITING, LLC**, Marietta, GA (US)

(72) Inventors: **Joel D. Gordon**, Owings Mills, MD (US); **Brad R. Olschansky**, Marietta, GA (US); **Scott M. Olschansky**, Marietta, GA (US); **Kevin G. Abelbeck**, Fort Collins, CO (US); **Glenn D. Ross**, Marietta, GA (US)

(73) Assignee: **Exerciting, LLC**, Marietta, GA (US)

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

(21) Appl. No.: **13/784,996**

(22) Filed: **Mar. 5, 2013**

(65) **Prior Publication Data**

US 2013/0178339 A1 Jul. 11, 2013

Related U.S. Application Data

(60) Continuation of application No. 13/342,135, filed on Jan. 2, 2012, now Pat. No. 8,409,058, which is a division of application No. 12/911,970, filed on Oct. 26, 2010, now Pat. No. 8,109,861, which is a continuation-in-part of application No. 12/591,672, filed on Nov. 27, 2009, now Pat. No. 7,833,134, which is a division of application No. 11/501,780, filed on Aug. 10, 2006, now Pat. No. 7,645,215.

(60) Provisional application No. 61/331,520, filed on May 5, 2010.

(51) **Int. Cl.**
A63B 22/00 (2006.01)
A63B 22/04 (2006.01)

(Continued)

(52) **U.S. Cl.**

CPC **A63B 22/04** (2013.01); **A61H 1/0237** (2013.01); **A63B 21/0083** (2013.01); **A63B 21/155** (2013.01); **A63B 21/225** (2013.01); **A63B 22/001** (2013.01); **A63B 22/0046** (2013.01); **A63B 22/0056** (2013.01); **A63B 22/02** (2013.01); **A63B 22/0664** (2013.01); **A63B 22/20** (2013.01); **A63B 69/0064** (2013.01); **A63B 2022/0017** (2013.01); **A63B 2022/0051** (2013.01); **A63B 2022/0292** (2013.01);

(Continued)

(58) **Field of Classification Search**

USPC 482/51–53, 57, 62, 70–71
IPC A63B 22/00, 22/04, 71/00
See application file for complete search history.

(56) **References Cited**

U.S. PATENT DOCUMENTS

219,439 A 9/1879 Blend
3,316,898 A 5/1967 Brown

(Continued)

FOREIGN PATENT DOCUMENTS

DE 2919494 A1 11/1980
TW M378001 4/2010

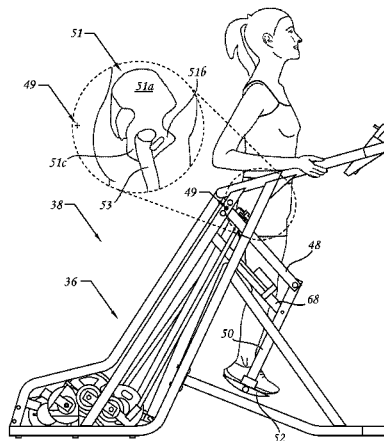
Primary Examiner — Oren Ginsberg

(74) *Attorney, Agent, or Firm* — Sherrill Law Offices, PLLC

(57) **ABSTRACT**

An exercise device for performing a variety of movement patterns is provided, having upper right and left leg links pivotally mounted to lower right and left leg links respectively. The upper leg links are pivotally coupled to the frame. A foot support is provided on the distal end of the lower leg links. The device includes first and second transfer systems for coordinating movement of the right and left sets of upper and lower leg links. The first transfer system is movably coupled to the frame and includes a first transfer member coupled to the first upper leg link, a second transfer member coupled to the second upper leg link, and a pivot bar pivotally mounted to the frame between a first end and a second end thereof with the first end coupled to the first transfer member and the second end coupled to the second transfer member.

11 Claims, 23 Drawing Sheets



(51)	Int. Cl.		5,242,343	A	9/1993	Miller
	<i>A63B 71/00</i>	(2006.01)	5,279,529	A	1/1994	Eschenbach
	<i>A61H 1/02</i>	(2006.01)	5,279,530	A	1/1994	Hess
	<i>A63B 21/00</i>	(2006.01)	5,290,211	A	3/1994	Stearns
	<i>A63B 22/02</i>	(2006.01)	5,295,928	A	3/1994	Rennex
	<i>A63B 22/06</i>	(2006.01)	5,299,993	A	4/1994	Habing
	<i>B62M 1/24</i>	(2013.01)	5,336,141	A	8/1994	Vittone
	<i>B62M 1/30</i>	(2013.01)	5,352,169	A	10/1994	Eschenbach
	<i>A63B 21/008</i>	(2006.01)	5,383,829	A	1/1995	Miller
	<i>A63B 21/22</i>	(2006.01)	5,401,226	A	3/1995	Stearns
	<i>A63B 22/20</i>	(2006.01)	5,419,747	A	5/1995	Piaget et al.
	<i>A63B 69/00</i>	(2006.01)	5,423,729	A	6/1995	Eschenbach
			5,496,235	A	3/1996	Stevens
			5,499,956	A	3/1996	Habing et al.
			5,518,473	A	5/1996	Miller
(52)	U.S. Cl.		5,527,246	A	6/1996	Rodgers, Jr.
	CPC	<i>A63B 2022/0688</i> (2013.01); <i>B62M 1/24</i>	5,529,554	A	6/1996	Eschenbach
		(2013.01); <i>B62M 1/30</i> (2013.01); <i>A63B 22/203</i>	5,529,555	A	6/1996	Rodgers, Jr.
		(2013.01); <i>A63B 22/208</i> (2013.01); <i>A61H</i>	5,538,486	A	7/1996	France et al.
		<i>1/0262</i> (2013.01); <i>A63B 21/00178</i> (2013.01)	5,540,637	A	7/1996	Rodgers, Jr.
			5,549,526	A	8/1996	Rodgers, Jr.
			5,573,480	A	11/1996	Rodgers, Jr.
			5,577,985	A	11/1996	Miller
			5,593,371	A	1/1997	Rodgers, Jr.
			5,593,372	A	1/1997	Rodgers, Jr.
			5,595,553	A	1/1997	Rodgers, Jr.
			5,611,756	A	3/1997	Miller
			5,637,058	A	6/1997	Rodgers, Jr.
			5,735,773	A	4/1998	Vittone et al.
			5,746,681	A	5/1998	Bull
(56)	References Cited		5,769,760	A	6/1998	Lin et al.
	U.S. PATENT DOCUMENTS		5,788,610	A	8/1998	Eschenbach
	3,316,899	A 5/1967 Raeder	5,792,026	A	8/1998	Maresh et al.
	3,970,302	A 7/1976 McFee	5,792,027	A	8/1998	Gvoich
	3,995,491	A 12/1976 Wolfla, II	5,792,028	A	8/1998	Jarvie
	4,023,795	A 5/1977 Pauls	5,792,029	A	8/1998	Gordon
	4,053,173	A 10/1977 Chase, Sr.	5,813,949	A	9/1998	Rodgers, Jr.
	4,185,622	A 1/1980 Swenson	5,857,940	A	1/1999	Husted
	4,188,030	A 2/1980 Hooper	5,910,072	A	6/1999	Rawls et al.
	4,379,566	A 4/1983 Titcomb	5,911,649	A	6/1999	Miller
	4,456,276	A 6/1984 Bortolin	5,967,944	A	10/1999	Vittone et al.
	4,456,279	A 6/1984 Dirck	6,004,244	A	12/1999	Simonson
	4,470,597	A 9/1984 McFee	6,036,622	A	3/2000	Gordon
	4,496,147	A 1/1985 DeCloux et al.	6,045,487	A	4/2000	Miller
	4,509,742	A 4/1985 Cones	6,152,859	A	11/2000	Stearns
	4,555,109	A 11/1985 Hartmann	6,183,397	B1	2/2001	Stearns et al.
	4,561,318	A 12/1985 Schirmacher	6,368,252	B1	4/2002	Stearns
	4,679,786	A 7/1987 Rodgers	D476,046	S	6/2003	Wang et al.
	4,685,666	A 8/1987 DeCloux	7,201,704	B2	4/2007	Stearns
	4,708,338	A 11/1987 Potts	7,226,390	B2	6/2007	Stearns
	4,709,918	A 12/1987 Grinblat	7,285,075	B2	10/2007	Cutler et al.
	4,720,093	A 1/1988 Del Mar	D555,743	S	11/2007	Wang
	4,733,858	A 3/1988 Lan	7,520,839	B2	4/2009	Rodgers, Jr.
	4,779,863	A 10/1988 Yang	7,530,926	B2	5/2009	Rodgers, Jr.
	4,786,050	A 11/1988 Geschwender	7,608,018	B2	10/2009	Chuang et al.
	4,838,543	A 6/1989 Armstrong et al.	7,645,215	B2	1/2010	Gordon
	4,850,585	A 7/1989 Dalebout	7,708,669	B2	5/2010	Rodgers et al.
	4,869,494	A 9/1989 Lambert, Sr.	7,828,698	B2	11/2010	Rodgers et al.
	4,900,013	A 2/1990 Rodgers, Jr.	7,833,134	B2	11/2010	Gordon
	4,940,233	A 7/1990 Bull et al.	7,862,482	B1	1/2011	Hsu
	4,949,954	A 8/1990 Hix	D640,337	S	6/2011	Liu
	4,949,993	A 8/1990 Stark et al.	8,082,029	B2	12/2011	Honda
	4,951,942	A 8/1990 Walden	8,109,861	B2	2/2012	Gordon et al.
	4,989,857	A 2/1991 Kuo	D703,278	S	4/2014	Horita
	5,000,442	A 3/1991 Dalebout et al.	2002/0049121	A1	4/2002	Anderson et al.
	5,000,443	A 3/1991 Dalebout et al.	2005/0054488	A1	3/2005	Husted et al.
	5,038,758	A 8/1991 Iams et al.	2006/0189454	A1	8/2006	Bull
	5,039,087	A 8/1991 Kuo	2007/0037667	A1	2/2007	Gordon
	5,039,088	A 8/1991 Shifferaw	2008/0132385	A1	6/2008	Alessandri et al.
	5,040,786	A 8/1991 Jou	2009/0203501	A1	8/2009	Rodgers, Jr.
	5,048,821	A 9/1991 Kuo-Liang	2010/0160115	A1	6/2010	Morris et al.
	5,062,627	A 11/1991 Bingham	2010/0267524	A1	10/2010	Stewart et al.
	5,072,928	A 12/1991 Stearns et al.	2011/0028275	A1	2/2011	Stewart et al.
	5,129,872	A 7/1992 Dalton et al.				
	5,131,895	A 7/1992 Rogers, Jr.				
	5,135,447	A 8/1992 Robards, Jr. et al.				
	5,149,312	A 9/1992 Croft et al.				
	5,186,697	A 2/1993 Rennex				
	5,195,935	A 3/1993 Fencel				

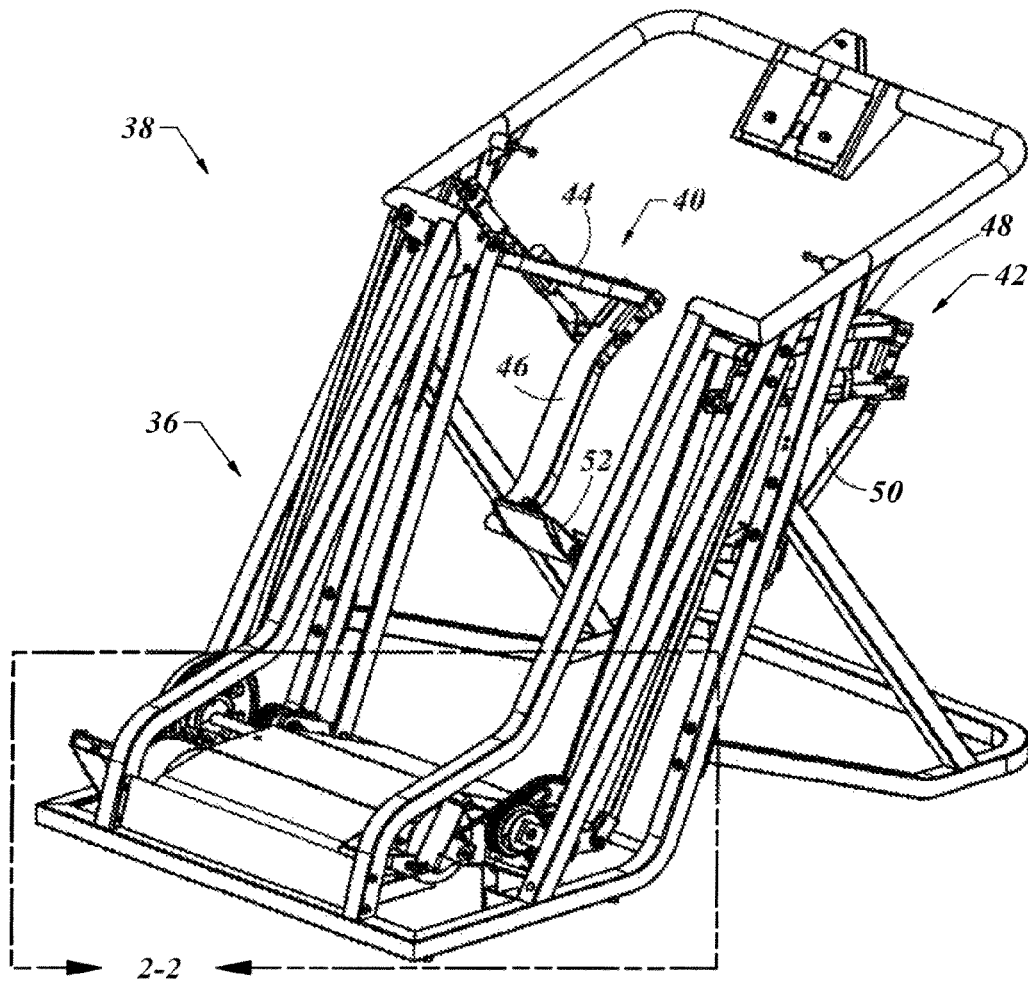


Fig. 1

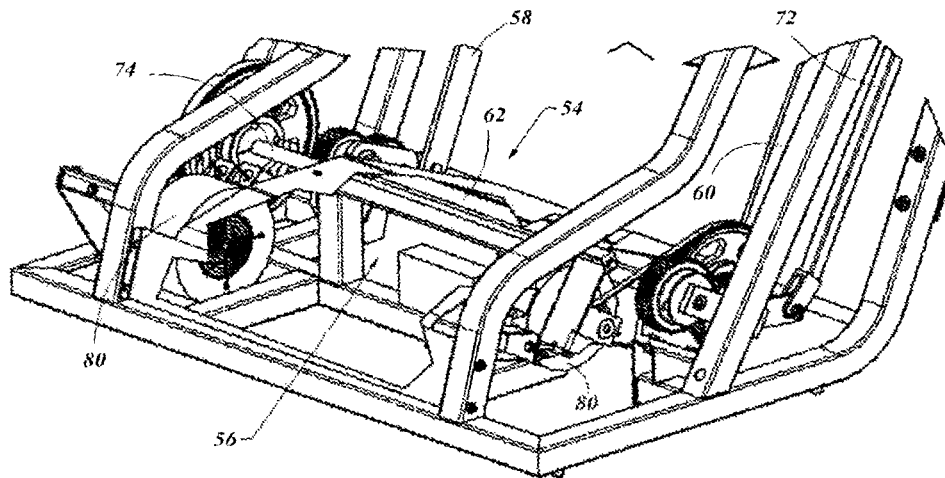
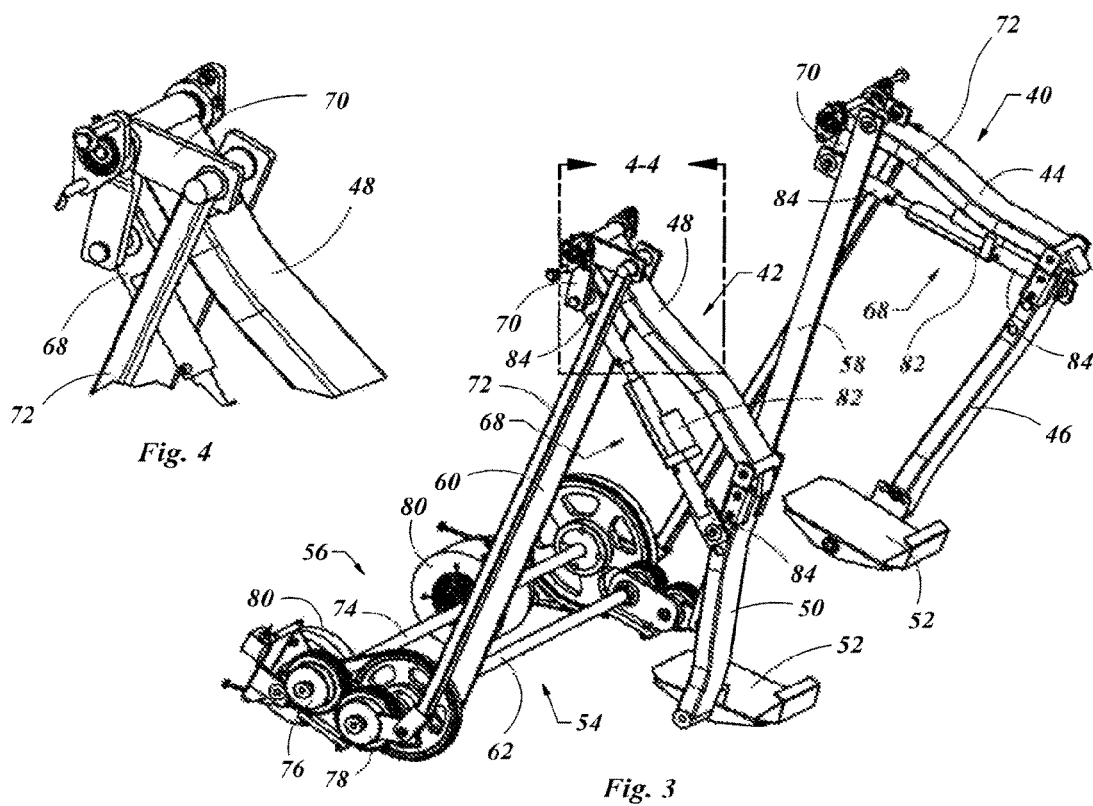
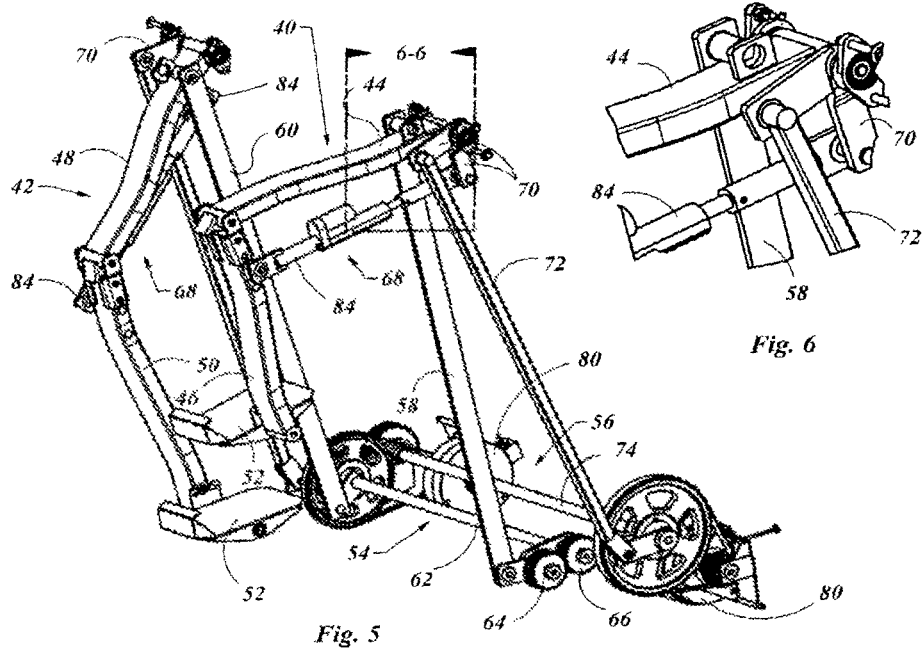


Fig. 2





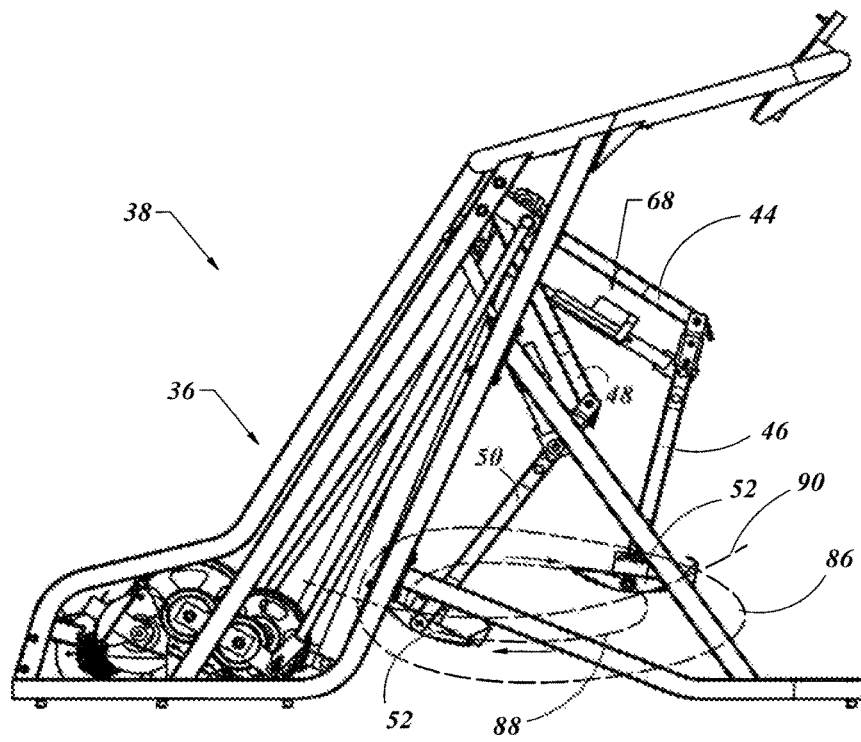


Fig. 7

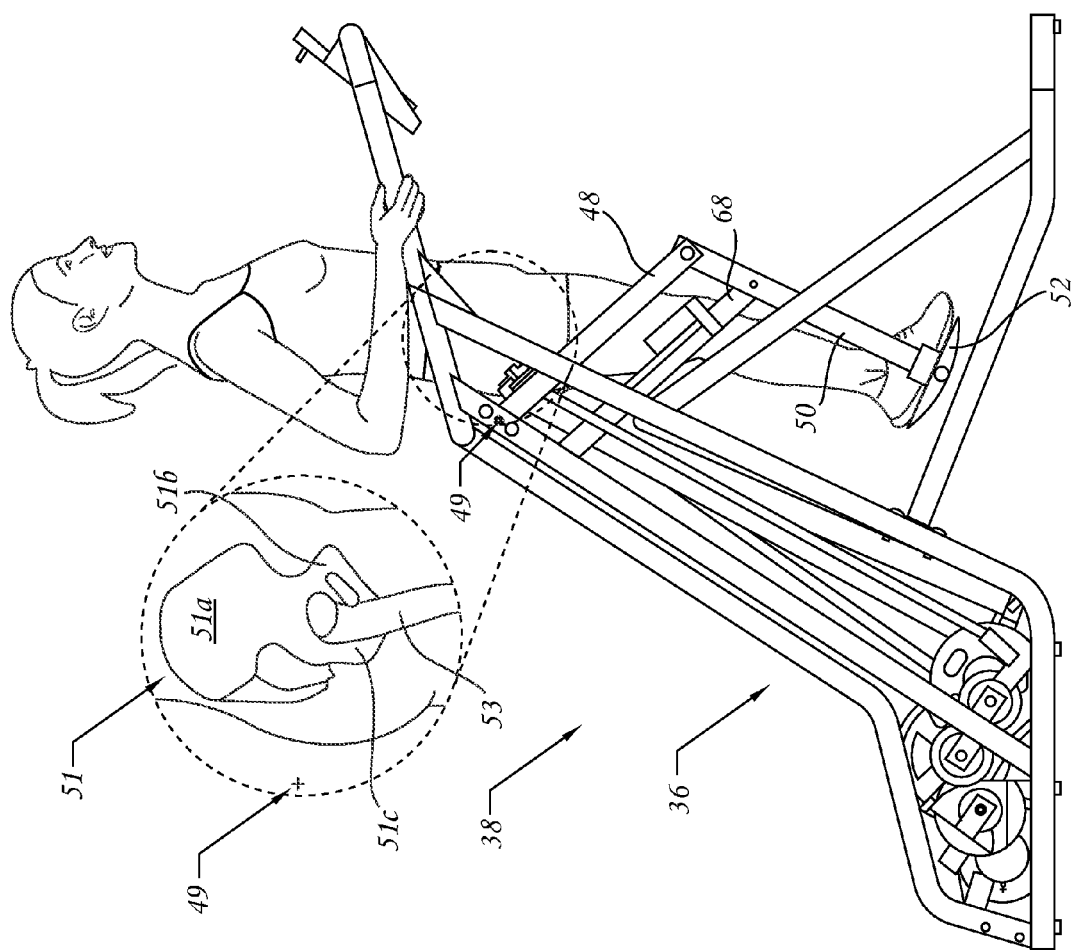


Fig. 7B

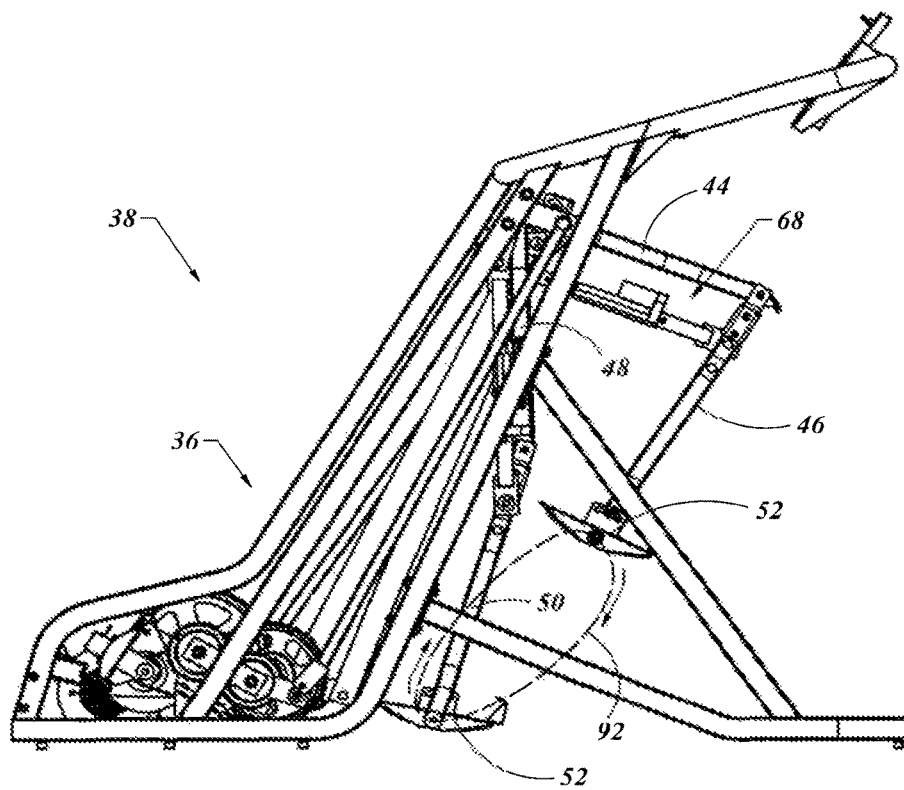


Fig. 8

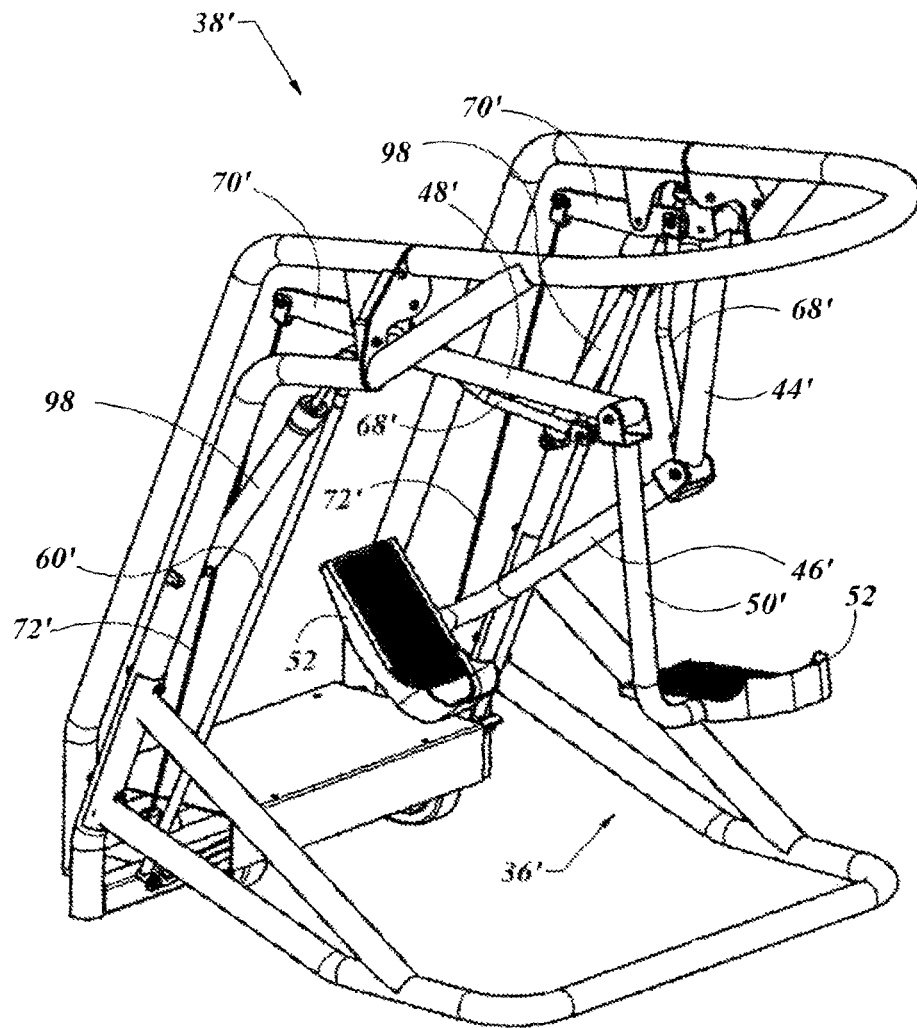


Fig. 9

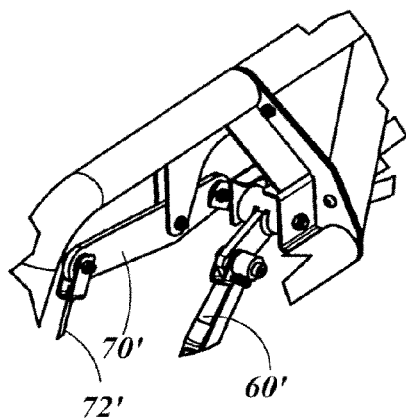


Fig. 12

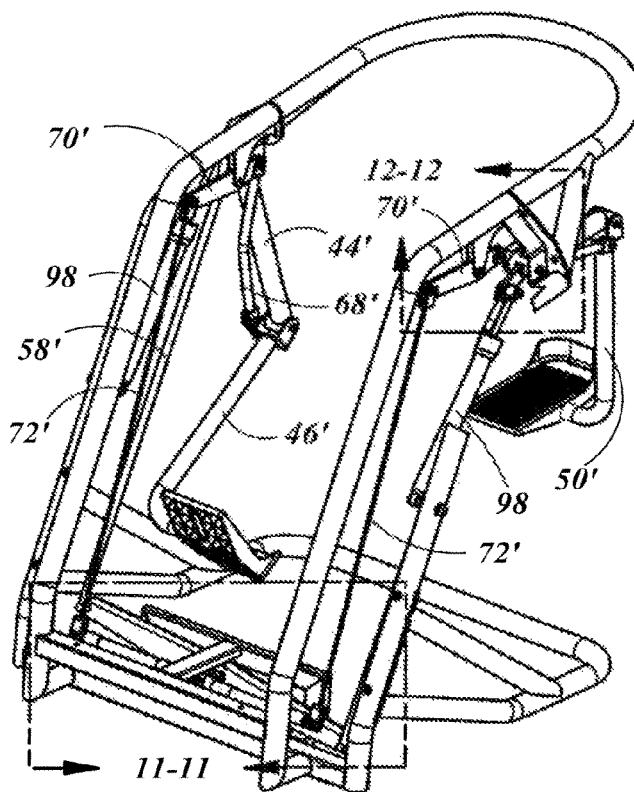


Fig. 10

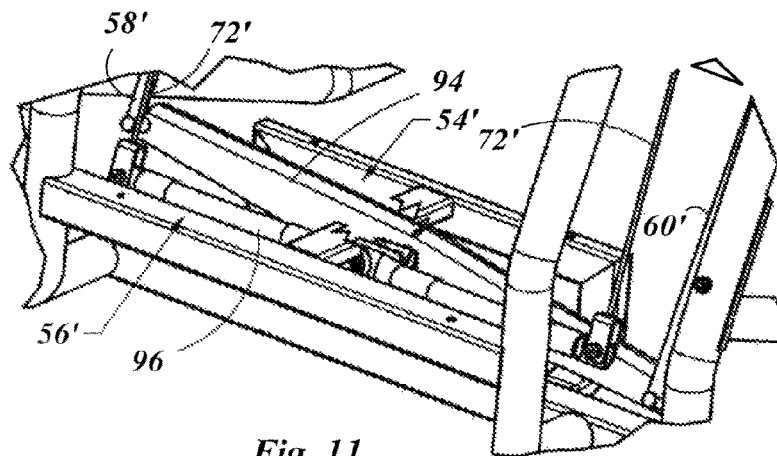
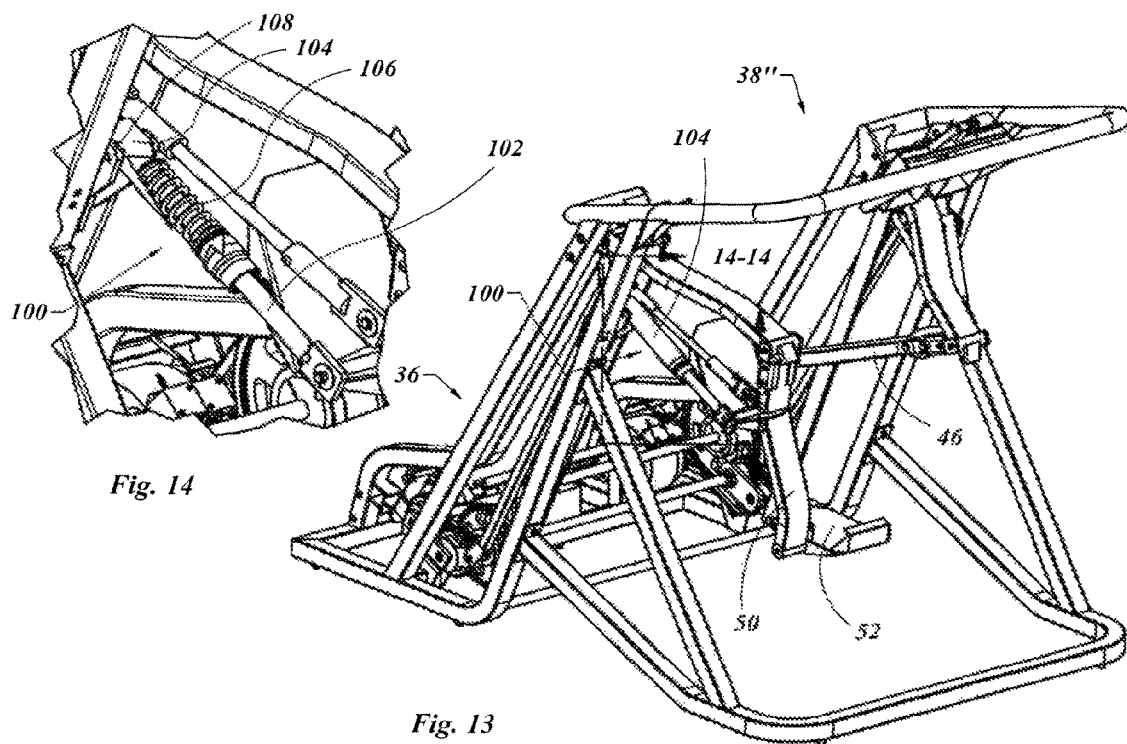


Fig. 11



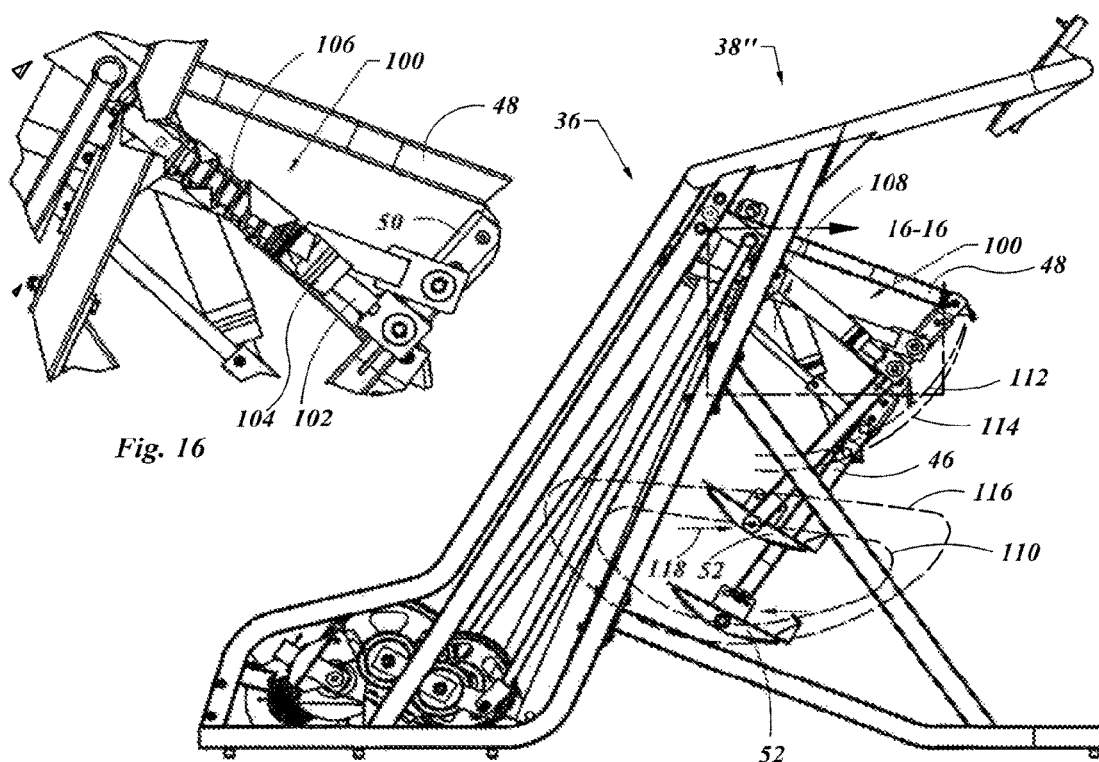


Fig. 16

Fig. 15

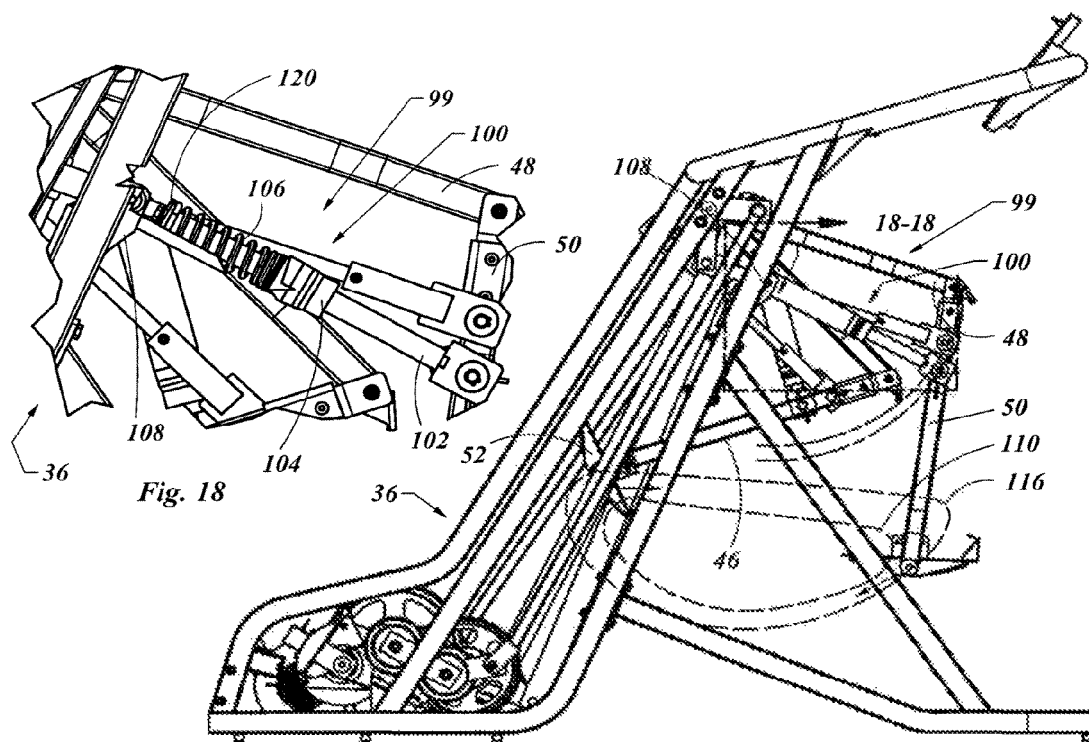


Fig. 17

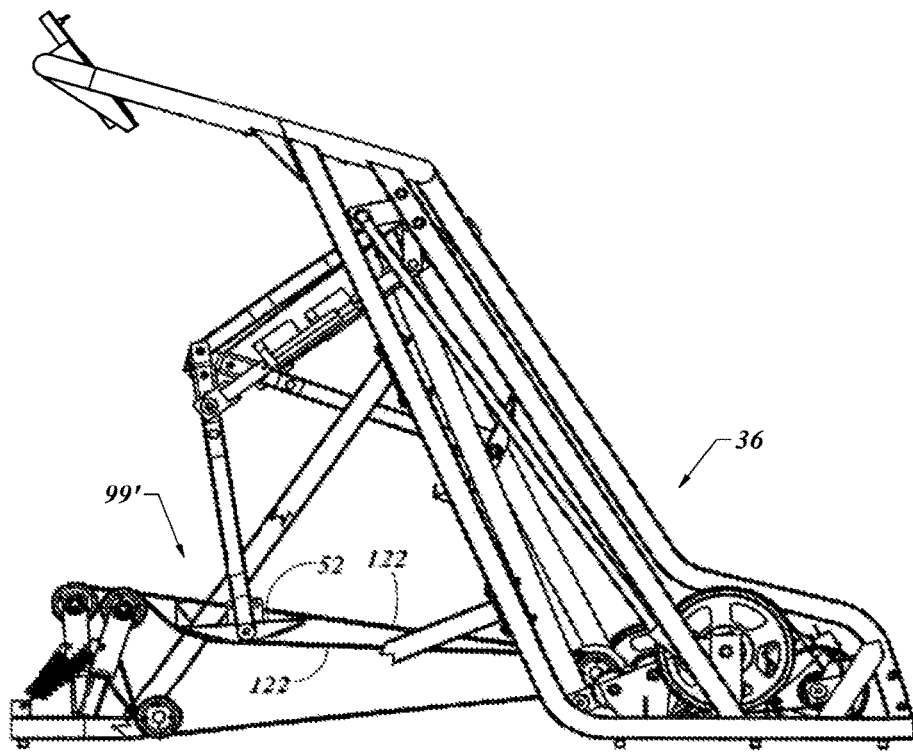
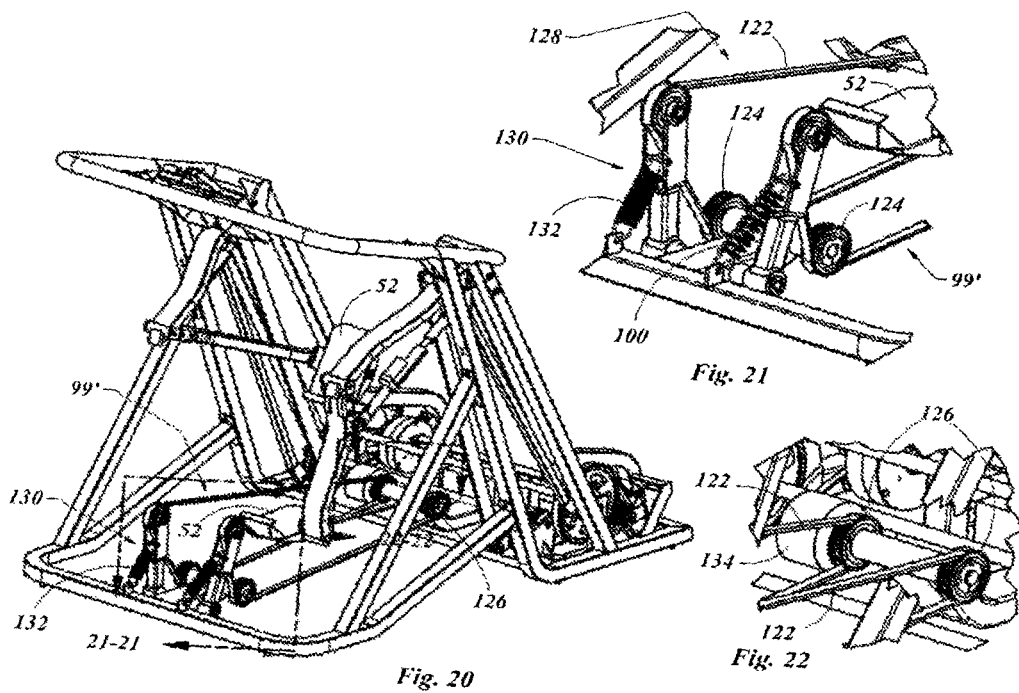


Fig. 19



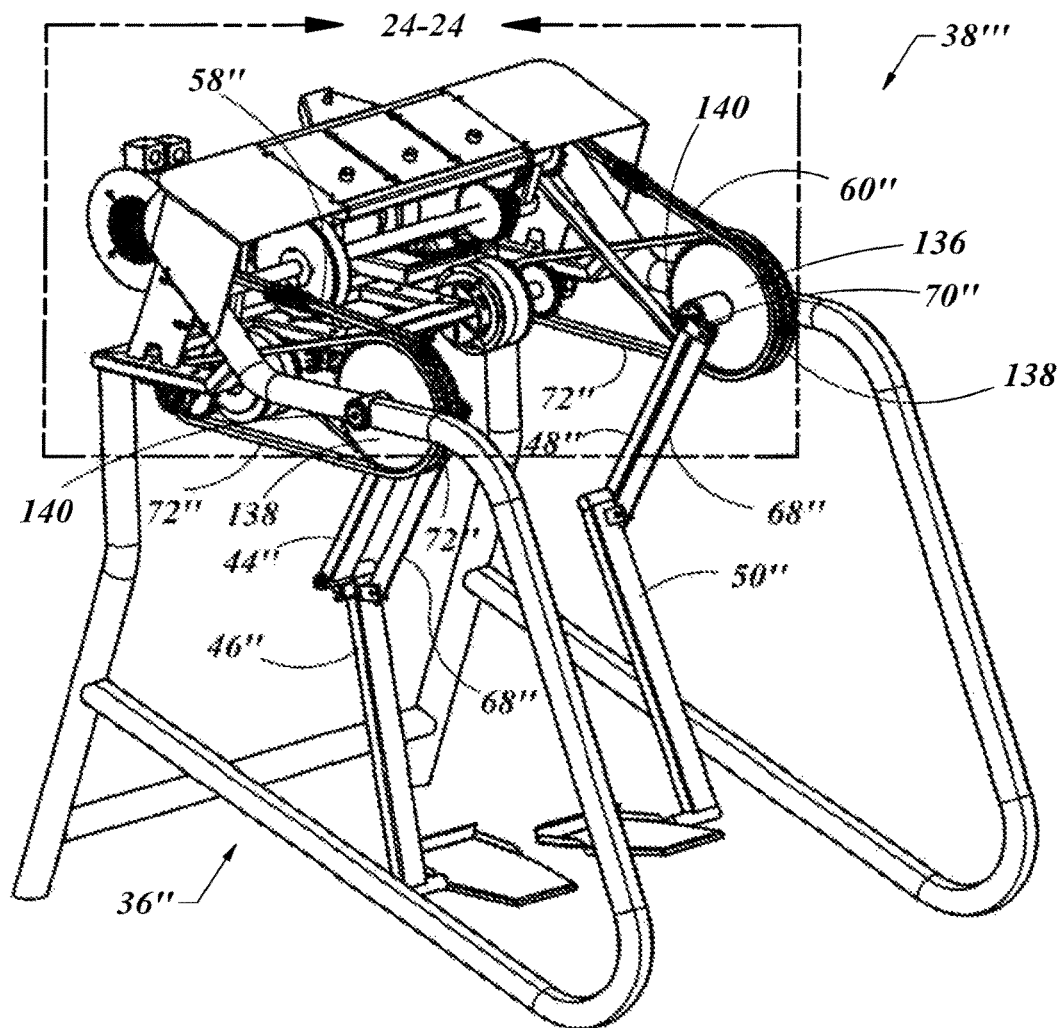


Fig. 23

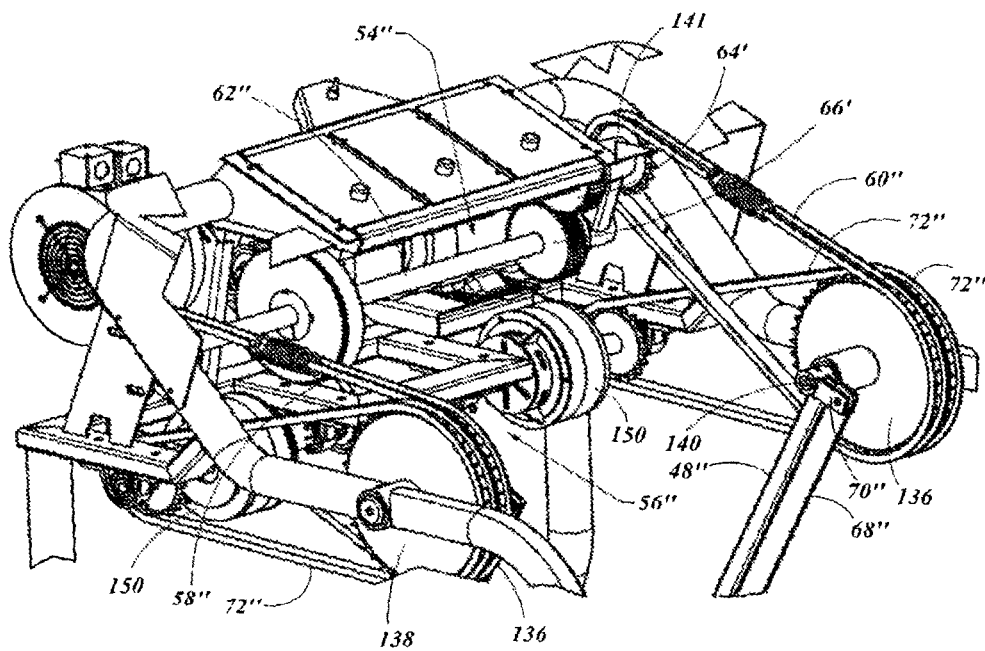


Fig. 24

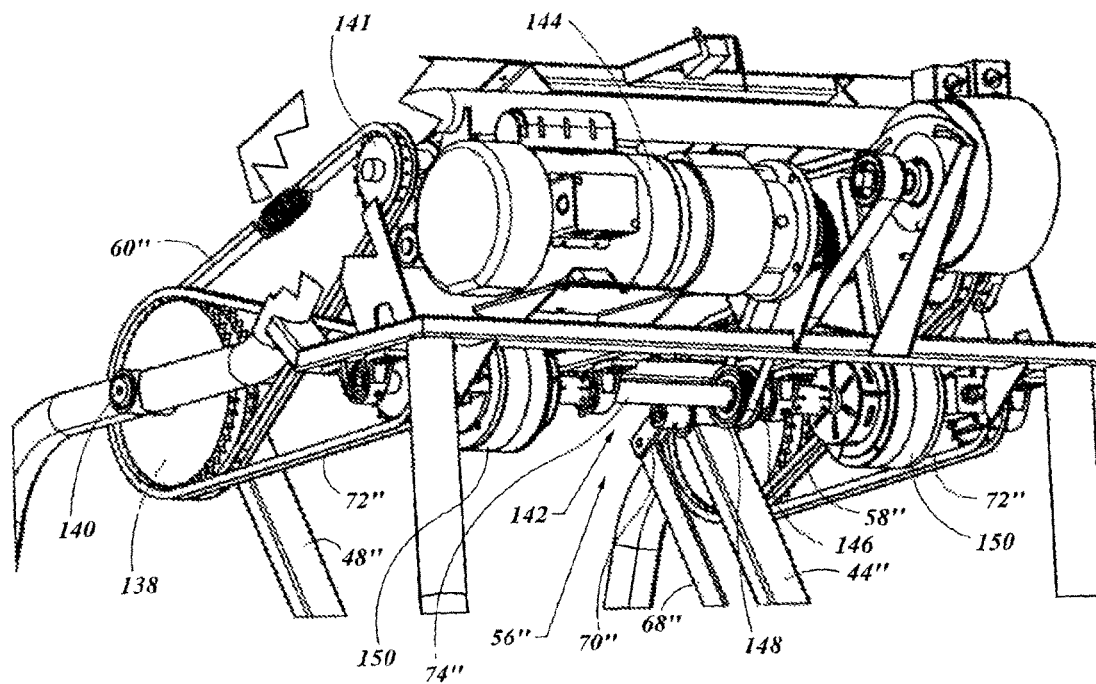


Fig. 25

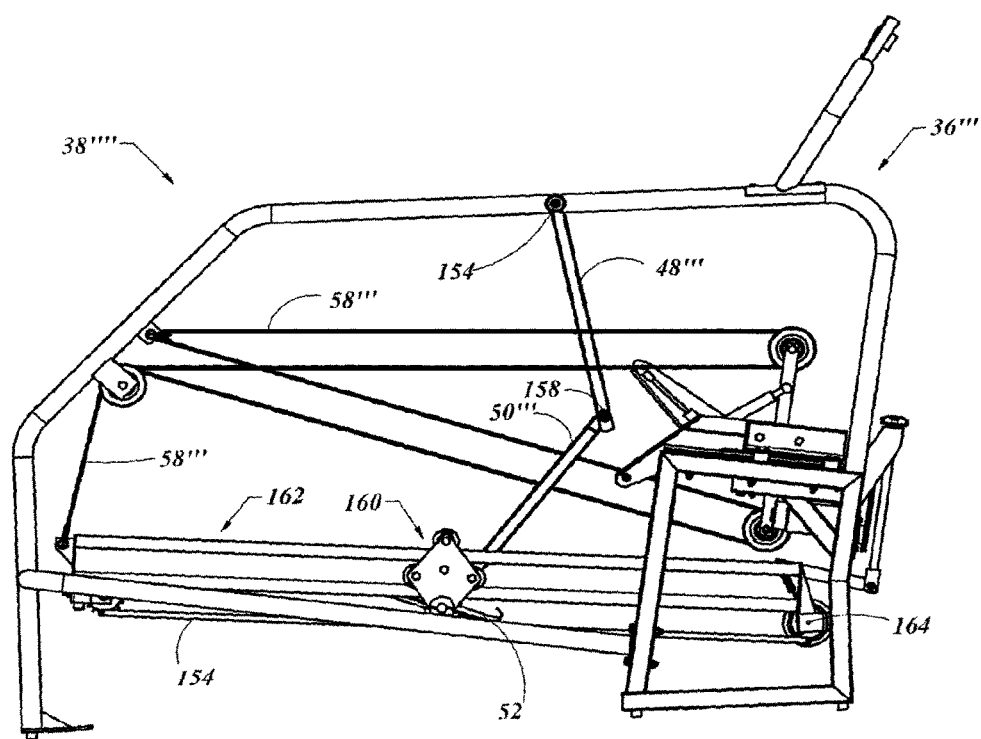
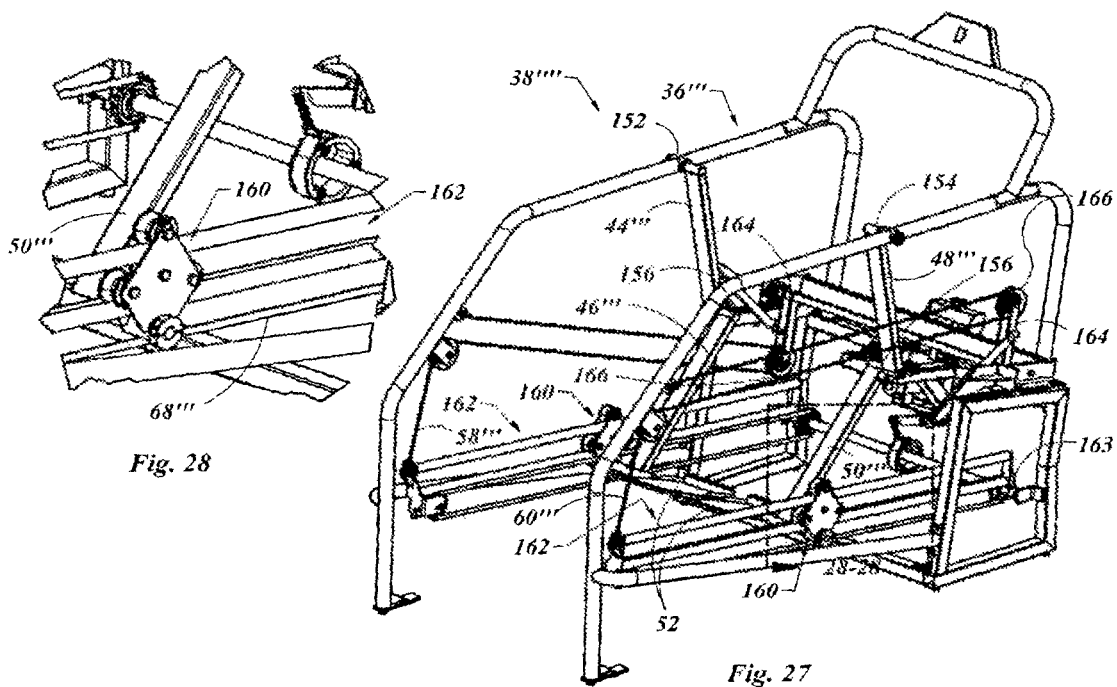


Fig. 26



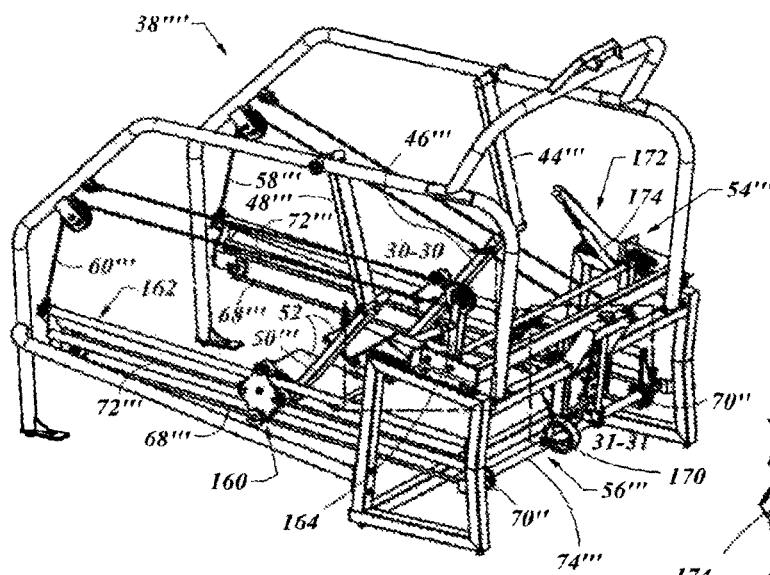


Fig. 29

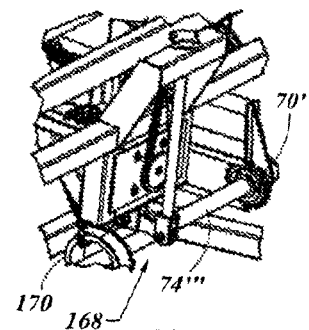


Fig. 31

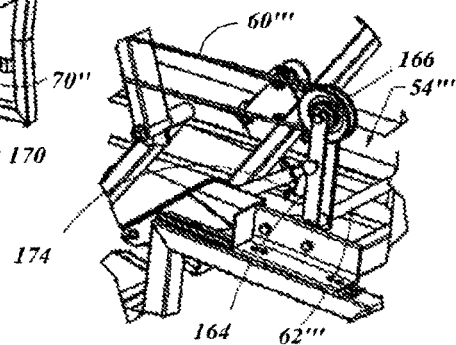


Fig. 30

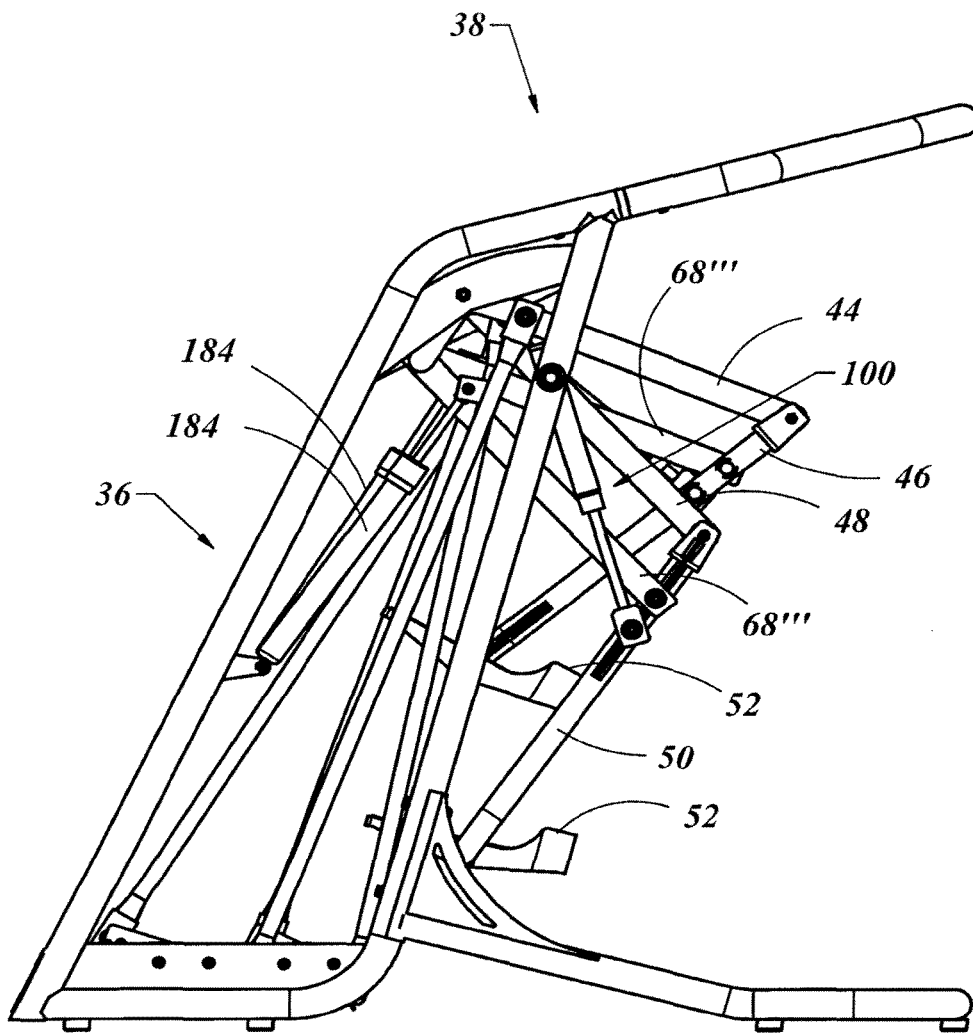


Fig. 32

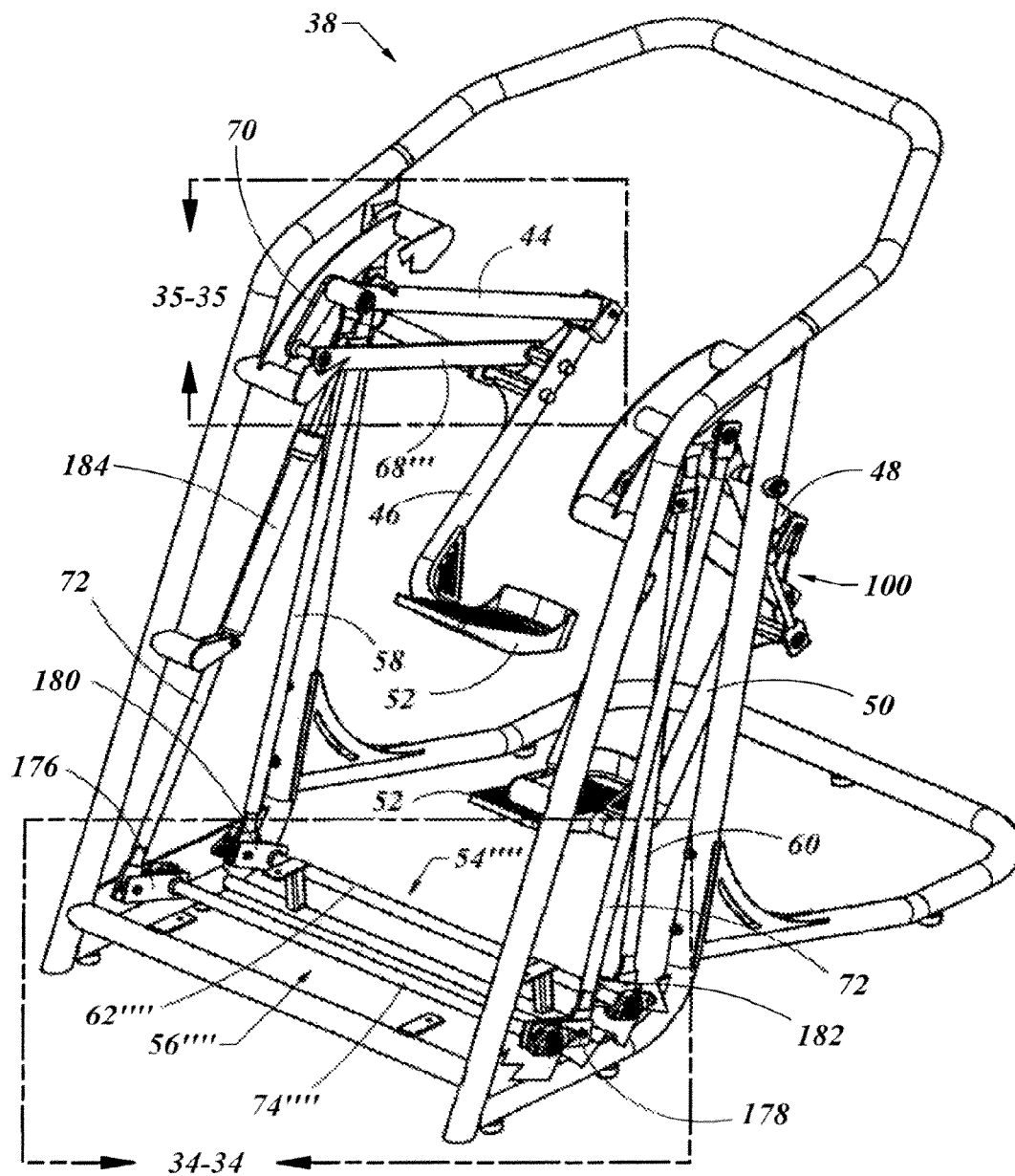


Fig. 33

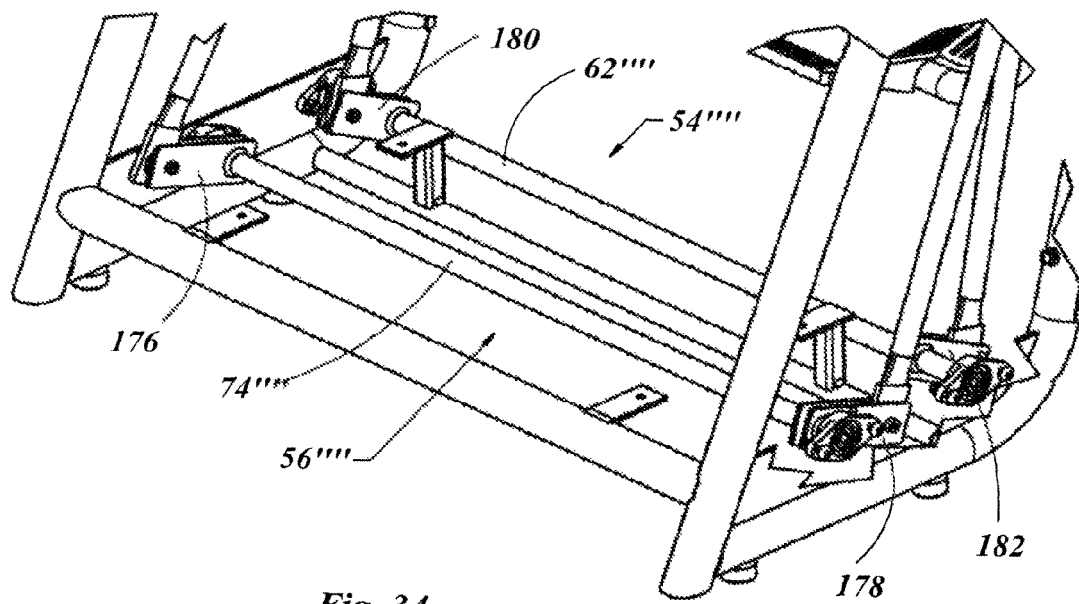


Fig. 34

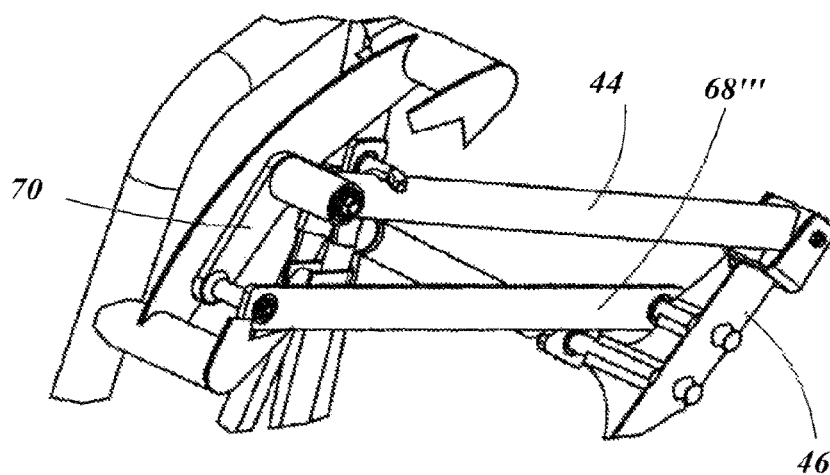


Fig. 35

1

VARIED GAIT EXERCISE DEVICE WITH ANATOMICALLY ALIGNED HIP PIVOTS

CROSS-REFERENCE TO RELATED APPLICATIONS

This application is a continuation of application Ser. No. 13/342,135, filed Jan. 2, 2012, which is a divisional of application Ser. No. 12/911,970, filed Oct. 26, 2010, now U.S. Pat. No. 8,109,861, which is a continuation-in-part of application Ser. No. 12/591,672, filed Nov. 27, 2009, now U.S. Pat. No. 7,833,134, which is a divisional of application Ser. No. 11/501,780, filed Aug. 10, 2006, now U.S. Pat. No. 7,645,215, and is based on Provisional Patent Application No. 61/331,520 filed May 5, 2010.

FIELD OF THE INVENTION

The present invention generally relates to exercise equipment and more particularly, to exercise equipment which simulate or facilitate ambulatory human movement.

BACKGROUND OF THE INVENTION

Exercise is a necessary part of a healthy lifestyle. Without proper exercise, muscle tissue decreases, the mineral density of bones decline and people tend toward storing more fat weight. This contributes to a variety of health issues including cardiovascular disease, osteoporosis and diabetes. A common aerobic exercise is running. The ground pounding action of running can cause joint issues in some people. In addition, running outdoors requires a suitable space and environment. Weather and personal safety restrict some individuals from performing this activity as often as they would like, as running in bad weather or a bad neighborhood can result in more serious problems than heart disease.

Indoor running and walking can be accomplished by use of a treadmill, but again, the pounding action of the foot on the tread may lead to joint overuse injuries. Other products such as elliptical trainers address this problem but restrict the user to a set gait pattern. Any slight variation between the user's natural gait and the machine's predetermined gait may cause an imbalance in joint loading, as well as muscular development of the limbs being used. Given that people have different stride lengths and they vary greatly in height and weight, it is unlikely that a single predefined gait would be ideal for all users.

It should, therefore, be appreciated that there is a need for a fitness device that enables movement in a variety of gait patterns with minimal transition effort from one pattern to another. The present invention fulfills this need and others.

SUMMARY OF THE INVENTION

The present invention provides a frame that supports a first upper leg link and a second upper leg link, each pivotally coupled to the frame. A first lower leg link may be pivotally coupled to the first upper leg link and a second lower leg link may be pivotally coupled to the second upper leg link, each lower leg link may include a foot support. A first transfer system may be provided which may be movably coupled to the frame and include a first transfer member coupled to the first upper leg link and a second transfer member coupled to the second upper leg link. A second transfer system may be provided which is movably coupled to the frame, and may include a pair of third transfer members, coupled to each of a pair of fourth transfer members by way of each of a pair of

2

transfer couplings, each of which may be movably mounted to the frame. The fourth transfer members may be coupled to the first lower leg link and the second lower leg link, whereby movement of the first lower leg link may cause movement of the second lower leg link irrespective of movement of the upper leg links.

In one embodiment of the invention, the first transfer system may be comprised of a first gear and a second gear, whereby rotation of the first gear results in rotation in an opposite direction of the second gear. The first transfer system may also be comprised of a pivot bar with a first end and a second end and pivotally mounted to the frame. The first end may be coupled to the first transfer member and the second end may be coupled to the second transfer member.

The exercise device may also include a support system, defining a lowest position of the foot supports. The support system may be comprised of a compression link with a first end coupled to the frame and a second end coupled to a lower leg link. The compression link may be comprised of a housing, a rod received by the housing and a bias member captured between the housing and the rod, thereby limiting the amount of displacement of the rod relative to the housing. The support system may include a first compression link coupled to the first lower leg link and a second compression link coupled to the second lower leg link.

The support system may be comprised of one or more belts, each movably coupled to the frame by at least two pulleys. The belt may include an upper run positioned adjacent to a lower portion of the foot support and adapted for contact with the upper run, thereby the belt may limit the vertical displacement of the foot support. The support system may be comprised of a belt take-up coupled to the frame, the belt take-up may be biased to provide tension in the belt. The support system may also include a belt drive, such as a motor or other power device, operationally coupled to the belt to enable continuous rotation of one or more of the pulleys, thereby allowing continuous movement of the belt in the absence of power input from a user.

For purposes of summarizing the invention and the advantages achieved over the prior art, certain advantages of the invention have been described herein above. Of course, it is to be understood that not necessarily all such advantages can be achieved in accordance with any particular embodiment of the invention. Thus, for example, those skilled in the art will recognize that the invention can be embodied or carried out in a manner that achieves or optimizes one advantage or group of advantages as taught herein without necessarily achieving other advantages as may be taught or suggested herein.

All of these embodiments are intended to be within the scope of the invention herein disclosed. These and other embodiments of the present invention will become readily apparent to those skilled in the art from the following description of the preferred embodiments and drawings, the invention not being limited to any particular embodiment(s) disclosed.

BRIEF DESCRIPTION OF THE DRAWINGS

Embodiments of the present invention will now be described, by way of example only, with reference to the following drawings, in which:

FIG. 1 is an isometric view of an exercise device incorporating a system enabling varied gait movements in accordance with the present invention.

FIG. 2 is an isometric partial detail of a transfer system with a portion of the frame removed for visual clarity, the view shown along line 2-2 in FIG. 1.

3

FIG. 3 is an isometric view of a linkage system of the exercise device shown in FIG. 1 with the frame removed.

FIG. 4 is an isometric view of a detail of an upper leg link pivot of the linkage shown in FIG. 3, the detail shown in FIG. 3 along line 4-4.

FIG. 5 is an isometric view of the linkage of FIG. 3 shown from the front, left.

FIG. 6 is an isometric view of a detail of the upper leg link pivot of the linkage shown in FIG. 5, the detail shown in FIG. 5 along line 6-6.

FIG. 7 is a side view of the exercise device of FIG. 1 with dashed lines illustrating different walking and running pedal paths.

FIG. 7B is a side view of the exercise device of FIG. 7 depicting an orthostatic forward facing suited user supported upon the foot supports with the foot supports horizontally and vertically aligned.

FIG. 8 is a side view of the exercise device of FIG. 1 with dashed lines illustrating an inclined step pedal path.

FIG. 9 is an isometric view of an exercise device incorporating a system enabling varied gait movements, the device including a transfer system comprising a pivot bar.

FIG. 10 is a rear isometric view of the device of FIG. 9 with a cover removed to show a transfer system.

FIG. 11 is a detail of the device of FIG. 10 shown along line 11-11, illustrating a transfer system in more detail.

FIG. 12 is a detail of the device of FIG. 10 shown along line 12-12, illustrating an upper link pivot area in more detail.

FIG. 13 is an isometric view of an exercise device incorporating a system enabling varied gait movements and including a support system including a compression link.

FIG. 14 is a detail of the device of FIG. 13 shown along line 14-14, illustrating a compression link with the cover partially removed.

FIG. 15 is a side view of the device of FIG. 13 showing different pedal paths as may be guided by a compression link positioned in different positions relative to the frame, and the pedals in a relatively vertical orientation.

FIG. 16 is a detail of the device of FIG. 15 shown along line 16-16, illustrating a compression link with the cover partially removed.

FIG. 17 is a side view of the device of FIG. 15 showing different pedal paths as may be guided by a compression link positioned in different positions relative to the frame, and the pedals in a relatively horizontal position.

FIG. 18 is a detail of the device of FIG. 17 shown along line 18-18, illustrating a compression link with a cover partially removed.

FIG. 19 is a side view of an exercise device incorporating a system enabling varied gait movements and including a support system comprising a belt.

FIG. 20 is an isometric view of the device of FIG. 19 from a front, side orientation.

FIG. 21 is a detail of the device of FIG. 20 shown along line 21-21, illustrating front pulleys of a support system.

FIG. 22 is a detail of the device of FIG. 20 shown along line 22-22, illustrating rear pulleys of a support system.

FIG. 23 is a rear isometric view of an exercise device incorporating a system enabling varied gait movements in accordance with the present invention.

FIG. 24 is a detail of the device of FIG. 23 shown along line 24-24, showing a rear view of drive elements of the device.

FIG. 25 is a front view of the drive elements of the device of FIG. 23.

FIG. 26 is a side view of an exercise device incorporating a system enabling varied gait movements and providing an articulating leg.

4

FIG. 27 is an isometric view of the device of FIG. 26.

FIG. 28 is a detail of the device of FIG. 27 shown along line 28-28, showing a side isometric view of support system elements of the device.

FIG. 29 is a right front isometric view of the device of FIG. 27.

FIG. 30 is a detail of the device of FIG. 29 shown along line 30-30, showing a side isometric view of a front portion of a support system of the device.

FIG. 31 is a detail of the device of FIG. 29 shown along line 31-31, showing a side isometric view of a resistance system of the device.

FIG. 32 is a side view of an exercise device incorporating a system enabling varied gait movements, the device including a transfer system comprising a pivot bar and a support system.

FIG. 33 is an isometric view of the device of FIG. 32 with a bottom cover and a portion of the frame removed.

FIG. 34 is a detail of the device of FIG. 33 shown along line 34-34, showing an isometric view of a transfer system.

FIG. 35 is a detail of the device of FIG. 33 shown along line 35-35, showing an isometric view of an upper link and support system.

DETAILED DESCRIPTION OF THE INVENTION

With reference to the illustrative drawings, and particularly to FIGS. 1-6, there is shown an exercise device in the form of a multifunctional adaptive training device 38. This embodiment of the invention may include a frame 36 supporting a pair of leg linkages including a first leg linkage 40 and a second leg linkage 42. The first leg linkage 40 may include a first upper link 44 coupled to a first lower link 46. In a like manner, a second leg linkage 42 may include a second upper link 48 coupled to a second lower link 50. A foot support 52 may be positioned on a distal end of each of the first lower link 46 and the second lower link 50. A user may position themselves with one foot on each of the foot supports 52 and perform a variety of different exercises.

The foot supports 52 are linked from one to the other by way of a first transfer system 54 and a second transfer system 56. The first transfer system 54 may include a first transfer member 58, coupled to the first upper link 44 and a second transfer member 60 coupled to the second upper link 48. The first transfer system 54 may also include a first transfer bar 62 enabling substantially opposing motion of the first transfer member 58 relative to the second transfer member 60. The substantially opposing motion may be achieved through a first gear 64 mounted adjacent to a second gear 66 and the first transfer member 58 being coupled to the first gear 64 and the second transfer member 60 being coupled to the second gear 66 by way of the first transfer bar 62. This combination may provide a substantially reciprocating motion of the first upper link 44 relative to the second upper link 48.

To complete the linking of the foot supports 52 of the first leg linkage 40 to that of the second leg linkage 42, the first lower link 46 may be linked to the second lower link 50. This may be done by coupling a pair of third transfer members 68, one each to the first lower link 46 and one to the second lower link 50. A pair of transfer couplings 70 may be supported on the frame 36 and coupling each of the pair of third transfer members 68 to each of a pair of fourth transfer members 72. The fourth transfer members 72 are coupled one to the other by way of the second transfer system 56, thereby enabling substantially reciprocating motion of the fourth transfer members, one to the other. A second transfer bar 74 may be used to transmit torque from one of the fourth transfer members 72 to the other.

5

As with the first transfer system **54**, the second transfer system **56** may include a third gear **76** coupled to the second transfer bar **74** and a fourth gear **78**, adjacent to the third gear **76**. The fourth gear **78** may be coupled to one of the fourth transfer members **72** and the second transfer bar **74** coupled to the other fourth transfer member **72**, thereby enabling substantially reciprocating motion of the fourth transfer members **72**, relative to the other. This action could provide substantially opposite movement of the third transfer members **68** one to the other, which may provide substantially opposite movement of the first lower link **46** relative to the second lower link **50**. With both the first transfer system **54** and the second transfer system **56** the movement of one foot support **52** to the other may be controlled. Each foot support **52** may be placed in an infinite number of positions within its plane of movement. In doing so, the other foot support **52** will be placed in a specific position in space within its plane of movement. This combination enables a path of motion of a foot support **52** that is not confined by the machine as it is infinitely variable by the user. The stability to the user is provided by the linked positioning of each foot support **52**, thereby providing a stable platform to support the user.

With reference to FIGS. **5** and **6**, the first upper link **44** of the first leg linkage **40** is pivotally coupled to the frame **36** for pivoting about a first upper pivot point, and the second upper link **48** of the second leg linkage **42** is pivotally coupled to the frame **36** for pivoting about a second upper pivot point, wherein the first and second upper pivot points define a laterally extending upper pivot axis.

With reference to FIG. **7B**, when the foot supports **52** on the first leg linkage **40** and second leg linkage **42** are horizontally and vertically aligned, the laterally extending upper pivot axis **49** passes posterior to the hip of an orthostatic forward facing suited user supported upon the aligned foot supports **52**. More specifically, the upper pivot axis **49** passes posterior to the hip bone **51** of the user. In this disclosure, the hip bone **51** may be defined as the combination of the ilium **51a**, pubis **51b** and the ischium **51c** bones, which are typically fused into a single structure in adults. The hip bone **51** receives the head of the femur **53**, thereby the hip bone **51** provides support for the lower limbs of the user.

With reference to FIGS. **2**, **3** and **5**, a means of offering resistance is provided. When a person runs or walks on a flat surface with no wind, there is no resistance to motion. The runner's potential energy is the same at the end of the run as it was at the beginning of the running workout. Energy has been expended through the mechanics of the running or walking gait. The center of mass of the user is lifted and dropped in each stride. In addition, the mass of the leg segments have been accelerated to provide a complex motion that is repeated with every stride. This is work done by the runner where no energy has been stored, but it has been expended by the runner. These aspects of energy expenditure may also be apparent with the invention disclosed herein. The running gait of the legs may be identical to that of a runner on a flat or graded surface and therefore the energy required by the user to manipulate and change direction of the legs is provided by the user. This may be exaggerated by the mass of the first leg linkage **40** and the second leg linkage **42** that are added to the mass of the runner's legs. The vertical displacement of the center of mass of the user may also be provided with the present invention.

In some cases it may be desired to add additional resistance to the movement of the first transfer system **54**, the second transfer system **56**, or both. This may be accomplished by a brake **80** or other resistance element to either transfer system (**54** & **56**). In FIGS. **2**, **3** and **5** a brake **80** is added to resist the

6

rotation of the first transfer bar **62** of the first transfer system **54** and a second brake **80** is provided to resist rotation of the second transfer bar **74** of the second transfer system **56**. One or both brakes **80** may be used to add torque to their respective transfer system (**54** & **56**) to increase the workload as if a runner was training by running in soft sand. In addition, by adding resistance to one or the other transfer system (**54** & **56**) the running gait may be modified for the user. This may be desired if a deficiency is identified and specific training is needed to correct that deficiency.

Another use of the brakes **80** is to add support to the foot supports **52** during ingress and egress of the user with the machine. By engaging both brakes **80**, the foot supports **52** may be effectively locked in position and then slowly released to provide a method of smooth and stable entering and exiting of the exercise device **38**. By reducing any rapid movements during the ingress and egress, the user is much less likely to feel unstable, thereby possibly reducing the likelihood of feeling unstable.

In that the system as described provides a stable platform for the user by placing one foot support **52** in a specific position in space, as determined by the other foot support **52**, it may be desirable to alter this relationship between the foot supports **52**. One method of accomplishing this is to alter the length of the third transfer members **68**. As depicted in FIGS. **1**, **3** and **5**, the third transfer members **68** may include an actuator **82** with a bearing mount **84** on each end thereof. The actuator **82** enables the distance between the bearing mounts **84** to be changed, thereby altering the angle between the first upper link **44** and the first lower link **46** and likewise between the second upper link **48** and the second lower link **50**. By altering these angles, the position of the foot supports **52** is changed relative to the frame **36** and therefore relative to one another, thereby altering the gait patterns.

Some examples of the variations in gait patterns that may be obtained, without altering the length of the third transfer members **68**, are shown in FIGS. **7** and **8**. In FIG. **7** the longer path **86** is consistent with a desired foot path of travel for a running gait. For a walking gait, a shorter path **88** is shown. The invention **38** automatically relates the amplitude (vertical height) of the travel of the foot support **52** to the longitude (stride length) as these also naturally correlate in typical gait patterns in people. Therefore in many cases the invention **38** may not need to be altered to have the user transition from one gait pattern to another during use. This enables a smooth and fluid transition from one gait to another. If it is desired to alter the path, the third transfer member **68** may be changed during use without the user stopping the machine **38**. The arcuate path **90** depicts a pendulum path which may be used as a recovery gait.

In FIG. **8** a more extreme vertical path **92** of movement is shown. Again, this may be provided without altering the length of the third transfer member **68**. It shows a foot path that may be consistent with climbing stairs or a steep incline hill such as in hiking. The capability of the device **38** enables a great deal of versatility that is expressed only by a few of the infinite number of gait patterns possible by the device **38**.

The gait patterns may be controlled to guide the user into a specific pattern by replacing the brakes **80** with drive motors, such as servo or stepper motors. One embodiment of this system is to make one transfer system a driver and the other transfer system driven. For illustrative purposes, a system will be described where the first transfer system **54** is the driver and the second transfer system **56** is driven. It is understood that the status of driver and driven may be reversed and the system as described may be substantially the same only reversed with regard to which is sensed and which is driven.

With that in mind, using servo motors to replace each of the brakes **80**, provides a means of developing torque about the first transfer bar **62** and the second transfer bar **74**. In that servo motors have a shaft location device built in, there would not be a need for an external encoder or other device to sense the position, direction and speed of the motor shafts, and therefore the associated first transfer bar **62** and the second transfer bar **74**. If a stepper motor is used in place of servo motors to replace the brakes **80**, then a sensing device of at least the first transfer bar **62** would be used.

In this embodiment, as a user drives a foot support **52** some direction at some speed, and the first upper link **44** and therefore also the second upper link **48** are displaced, the first transfer bar **62** will rotate some amount, in some direction, and at some speed. A sensor, such as the encoder in the servo motor, may be used to gather the information about the location, direction of movement and speed of movement of the motor and therefore the first transfer bar **62**. This information may be used to determine the gait pattern, as this information may be specific to a particular gait pattern, or a specific gait pattern may be pre-selected by the user. An algorithm may be provided to correlate the location and direction of movement of the first transfer bar **62** (driver) to a desired position of the second transfer bar **74** (driven) for that gait pattern. The motor (formally the brake **80**) associated with the second transfer bar **74** may be actuated to drive the second transfer bar **74** to the position as determined by the information of the first transfer bar **62** as computed by the algorithm. This process electronically links the first transfer system **54** to the second transfer system **56** while still allowing the user to determine the path and speed of movement of the foot supports **52**, and therefore the feet of the user. By linking the first transfer system **54** to the second transfer system **56** a defined path of motion of the foot supports **52** may be provided. Through an electronic linking, how they are linked may be infinitely variable. With current processor technology a read and react closed loop system of 500-1000 Hz is possible, providing for a smooth path with little or no "cogging" of the movement making this a viable system with technology currently available.

With reference to FIGS. 9-12, another embodiment of the current invention **38'** is shown. In this embodiment the invention **38'** has a first upper link **44'**, a second upper link **48'**, a first lower link **46'**, a second lower link **50'** and a third transfer member **68'** connected to the first lower link **46'** and the second lower link **50'**. The transfer coupling **70'** transfers load from the third transfer members **68'** to the fourth transfer members **72'** and a first transfer member **58'** is coupled to a second transfer member **60'** by way of a first transfer system **54'**, comprising a pivoting arm **94**, thereby providing substantially reciprocating motion of the first transfer member **58'** to the second transfer member **60'**.

A second transfer system **56'** is provided to accomplish a similar reciprocating motion of the fourth transfer members **72'**. In this embodiment the transfer coupling **70'** is substantially longitudinal providing a classic 1st class lever as opposed to the previously disclosed embodiment where the load and the force may be considered to be on the same side of the fulcrum (2nd or 3rd class lever). In this case the load in the fourth transfer members **72'** may always be in tension. As such, a pliable member such as a cord or cable may be used as opposed to a rigid structural element such as a steel bar. A second pivot arm **96** may provide the substantially reciprocating motion for the fourth transfer members **72'**, that as with the pivoting arm **94**, the second pivoting arm **96** is a substantially rigid arm that is pivotally mounted to the frame, about a center point along the long axis, the ends free to move so as

one end is lowered, the other end is raised relative to the frame **36'**. This action enables the respective transfer members (**72'** to **72'** and **58'** to **60'**) to move in a substantially reciprocating manner relative to one another. In this embodiment a hydraulic damper **98** may be used to offer resistance to movement of one or both transfer systems (**54'** and **56'**). The damper **98** may be attached to the first transfer member **58'** and the second transfer member **60'** at or near the transfer couplings **70'** or at any other place in the system.

An alternative embodiment of the invention including a support system **99** comprised of a compression link **100** is shown in FIGS. 13-18. The compression link **100** may be two compression links **100**, each with a shaft **102**, both shafts **102** with a first end coupled to each of the first lower link **46**, and the second lower link **50**. The shaft **102** of each compression link **100** may be received by a sleeve **104**, which may be coupled to a link mount **108**, which may be mounted to the frame **36**. A compression spring **106** may be received within the sleeve **104**. The spring **106** may act as a bias against extension of the shaft **102** out of the sleeve **104**. By doing so, the expanded distance of the compression link **100** is limited by the spring and the extension force on the shaft **102**. With one end of the compression link **100** coupled to the frame, by way of the link mount **108**, and the other end coupled to the lower links (**46** & **50**) of the device **38"**, the lowest position of the foot support **52** is restricted by the compression force of the spring **106** of the compression link **100**. In doing so, as a user passes through the stance phase of running, where the highest normal force is applied to a supporting surface, the greatest tension will be placed on the spring **106**. This may allow the greatest length of the compression link **100**.

As is illustrated in FIG. 15, the small curve **110** is representative of the foot support **52** path of travel for a walking gait. It can be seen that at the bottom position of the foot support **52**, a smooth arcuate path may be provided. As the user begins to shift their weight onto the top foot support **52**, as the foot transitions forward during the "swing phase", the forward foot will begin to drop as the trailing foot begins to raise as the users weight is transferred from the foot ending the stance phase (approaching "toe off" to transition to the swing phase) to the foot ending the swing phase (approaching "heel strike" to transition to the stance phase). As the user's body weight begins to be removed from the stance (bottom) foot, the spring **106** may bias the shaft **102** in toward the sleeve **104**, thereby shortening overall length of the compression link **100**. This will pull the lower link **46**, and therefore the foot support **52** on which the user's foot is positioned, towards the link mount **108**, thereby guiding the foot support **52** up in a desired gait pattern **110**.

The gait amplitude may be altered by changing the relative position of the link mount **108** on the frame **36**. The top arc **112** shown in FIG. 15 is a path of the connection of the compression link **100** to the first lower link **46** throughout the stance phase (when supporting the user's body weight). The bottom arc **114** is representative of the path of the connection of the compression link **100** to the first lower link **46** throughout the stance phase (when supporting the user's body weight) when the link mount **108** is lowered on the frame **36**. This may result in a path of travel represented by the second path **116** of travel of the foot supports **52**. This greater amplitude of foot travel may be representative of a running gait, as compared to a walking gait of the shorter path **110**. Therefore the desired gait pattern may be altered by changing the position of the link mount **108**.

To further illustrate the function of the compression link **100**, the device **38"** with compression links **100** and cut away details are shown in FIGS. 15-18. In FIG. 15 the second lower

link 50 is shown in a elevated position as would be evident with a user with their foot on the foot supports 52 and their right foot at an approximate midpoint along the forward moving 118 swing phase of a walking gait. In this, the right foot of the user is likely unloaded as the user's weight is supported on the other (left) foot on the foot support of the first lower link 46. The detail in the cutaway is shown in FIG. 16 of the compression link 100 of this, the unloaded foot support 52 in the swing phase. The spring 106 of the compression link 100 is in a relaxed position as the shaft 102 is received within the sleeve 104, not placing pressure on the spring 106.

In FIG. 17, the link mount 108 has been moved down to allow the foot supports 52 to achieve greater amplitude in their movement gait. In addition, the second lower link 50 and second upper link 48 have moved to position the corresponding foot support 52 in a position to simulate past heel strike and the beginning of the stance phase of a running gait, where the foot support 52 path of travel approximates the larger amplitude second path 116. The detail cutaway in FIG. 18 shows the spring 106 in a compressed state as compared to that of FIG. 16. This is due to the shaft stop 120 contacting one end of the spring 106 as it is trapped inside the sleeve 104. Therefore as the shaft 102 extends out away from the sleeve 104, the spring 106 is compressed, biasing the compression link 100 to a more retracted position.

An alternative support system is shown in FIGS. 19-22 in which the support system 99' includes a support belt 122 movably coupled to the frame 36. The belt 122 may be two separate but identical belts 122 positioned in a parallel arrangement proximal to the foot supports 52 so that when a foot support 52 descends to a predetermined height relative to the frame, a portion of the foot support 52 contacts the belt 122, thereby limiting the bottom most position of the foot support 52. One embodiment is shown in which there are two belts 122, each supported by a front base pulley 124 and a rear base pulley 126. It may be desired to provide elastomeric properties to the support of the foot supports 52, as so suggested by the use of the compression spring 106 in the compression link 100, as previously shown and described. In this embodiment, a similar cushioned support may be achieved by providing a belt 122 that includes elastic properties. As such, the belt 122 may flex or stretch as the foot support contacts an upper run 128 of the belt 122. As the user provides force to the foot support during the stance phase of the gait the belt 122 may flex to allow some compliance to the load applied by the weight of the user.

An alternative form of elastomeric support of the foot supports 52, is to use a substantially non-elastic belt 122 as defined by little elongation of the belt 122 under load. An idler 130 may be provided with a bias member 132 positioned to maintain tension in the belt 122. As is shown in FIGS. 20 and 21, when a foot support 52 makes contact with the upper run 128 of the belt 122, the idler 130 is displaced to accommodate for the displacement in the upper run 128 of the belt 122 due to the normal load applied through the foot support 52.

The rear portion of the alternative support system 99' is shown in detail in FIG. 22. The belts 122 are supported by the rear base pulleys 126. If a brake or other resistance to movement of the foot supports 52 is required, a shaft drive 134 may be used to restrict the rotation of the rear base pulleys 126 and thereby the belts 122, thus requiring work to be done by the user. As an alternative, the shaft drive 134 may also be a positive drive, thereby driving the rear base pulleys 126 and therefore the belts 122. By driving the belts 122, when a foot support contacts the upper run 128 of a belt 122, the foot support 52 may be actively driven back as would normally be done when a user's foot moves during a running or walking

gait. In that the foot supports 52 may be linked as previously noted, when one foot support 52 is moving in a posterior direction relative to the user, as a support foot would in a typical walking or running gait, the other foot support is elevated and moving in an anterior direction. This powered system may enable walking or running guidance for an impaired individual, thereby physically training the muscles. In addition, since the stride length is determined by the user, there is some neurological requirement for control by the user. In neurologically impaired individuals, such as stroke survivors, neurological training may be as important as muscular training. By adding a harness to support the weight of the user and eliminate falling, a system as shown and described may be more beneficial to the rehabilitation of neurologically impaired individuals than more costly and complex fully controlled ambulatory training devices.

An alternative control system is shown in FIGS. 23-25. The training device 38" in this embodiment includes a frame 36", which supports a first upper link 44" connected to a first lower link 46" and a foot support 52 on the lower end thereof. In a like manner, a second upper link 48" may be provided which may be pivotally coupled to the frame 36" and including a second lower link 50" with a foot support 52 coupled to the second lower link 50". A third transfer member 68" may be coupled to the first lower link 46" and another third transfer member 68" coupled to the second lower link 50". In this embodiment, the first upper link 44" and the second upper link 48" may each be mounted to an inside sprocket 136. The third transfer members 68" may be coupled to a transfer coupling 70", which may be connected to an outside sprocket 138 by way of a shaft 140 journaled to the frame 36".

A first transfer system 54" may be used to transfer the movement from the first upper link 44" to the second upper link 48" by way of the first transfer bar 62", which may connect the inside sprockets 136 through the first transfer member 58" and the second transfer member 60". In this embodiment the first transfer member 58" and the second transfer member 60" may be in the form of a roller chain, belt or other pliable transmission member as opposed to a substantially rigid link as shown in previous embodiments. The direction of movement of the first transfer member 58" may be substantially the opposite that of the second transfer member 60" by way of the first gear 64' coupled to the second gear 66' in a radial orientation. The substantially opposite rotation of the first gear 64' relative to the second gear 66' drives the sprocket 141 in an opposite direction to that of the first transfer bar 62". This combination enables a substantially reciprocating movement of the first upper link 44" relative to the second upper link 48".

In this embodiment of the invention, the first lower link 46" is in communication with the second lower link 50" by way of the third transfer members 68", as previously noted. The outside sprockets 138 drive the fourth transfer members 72" to the second transfer system 56", thereby linking the first lower link 46" to the second lower link 50". The second transfer system 56" may include a second transfer bar 74" to facilitate the transfer of power to the outside sprockets 138 and thereby to the first lower link 46" and the second lower link 50" by way of the third transfer members 68".

In this embodiment, substantially reciprocating motion of the first lower link 46" to the second lower link 50" may be achieved by a lower link control system 142. With attention to FIG. 25, a drive motor 144 is used to provide torque to the second transfer bar 74" by way of a drive belt 146 articulating a drive pulley 148 mounted to the second transfer bar 74". A pair of clutches 150 may be used to regulate the torque output from the second transfer bar 74", by way of the drive motor

11

144, to the fourth transfer members 72", which in turn apply force to the first lower link 46" and the second lower link 50". An advantage of such a lower link control system 142 is it may provide a capability to change the interaction between the first lower link 46" and the second lower link 50" that may be modified during use, according to the speed of movement, direction of movement and position in space of any of the leg links (44", 48", 46" and 50"). This enables a dynamic system that may be altered by user gait or speed. One or more sensors may be used to determine the speed or movement or orientation of a leg link relative to any other leg link and a logic system to read this information and adjust the clutches 150 to alter the torque about the joint of the first lower link 46" and the first upper link 44" as well as the joint of the second lower link 50" and the second upper link 48". By varying these torques, a gait pattern of the user may be mimicked or supported by the device 38" to enable a smooth and comfortable exercise session by a user.

Another embodiment of the device 38"" is illustrated in FIGS. 26-31. A frame 36"" supports a first upper link 44"" and a second upper link 48"" about joints 152 and 154 respectively. A first lower link 46"" may be pivotally coupled to the first upper link 44"" at joint 156 and the second lower link 50"" may be coupled to the second upper link 48"" at joint 158. A pair of foot supports 52 may be located on a distal end of the first lower link 46"" and the second lower link 50"". This linkage combination may be similar in function to that as previously disclosed herein. There is a support guide 160 coupled to each of the first lower link 46"" and the second lower link 50"", possibly near the foot supports 52. The support guides 160 are each received by a guide rail 162, each guide rail 162 may be moveably mounted to the frame 36"" about a shaft 163. The guide rails 162 may be made to move in a substantially reciprocating motion relative to one another by first transfer member 58"" and a second transfer member 60"". A first transfer system 54"" includes a first transfer bar 62"" that may connect a pair of pulley arms 164 on each end of the first transfer bar 62"". The pulley arms 164 may include a pulley 166 adapted to engage each of the first transfer member 58"" and the second transfer member 60"". The pulley arms 164 may be located substantially on an opposite side of the first transfer bar 62"" so that from a side view as one pulley 166 moves substantially forward, the other pulley 166 moves substantially backward. This causes displacement of the first transfer member 58"" to be substantially opposite to that of the second transfer member 60"", thereby enabling a substantially reciprocating action of the guide rails 162 one to the other and with it the support guides 160 and foot supports 52 mounted adjacent to the support guides 160.

Movement of the support guides 160 along the guide rails 162 may be controlled by a third transfer member 68"" coupled to a lower portion of the support guides 160 and a fourth transfer member 72"" coupled to an upper portion of the support guides 160. The third transfer member 68"" on each side of the device 38"" as well as the fourth transfer members 72"" are coupled to a second transfer system 56"" which includes a second transfer bar 74"". In this embodiment the third transfer members 68"" and the fourth transfer members 72"" may be a pliable structure such as a roller chain, a belt or strap. The third transfer members 68"" and the fourth transfer members 72"" may couple to the second transfer bar 74"" by way of couplings 70" in the form of sprockets or pulleys. This combination provides a substantially forward movement of one support guide 160, and therefore associated foot support 52, will result in a substantially rearward movement of the other support guide 160 and associated foot support 52. The combination of the first transfer system 54"" and the second

12

transfer system 56"" and the associated links enable a substantially reciprocating motion along the guide rails 162 and the generally vertical displacement of the guide rails 162 simultaneously, thereby offering a stable platform to perform an infinite number of gait pattern movements of a user positioned on the foot supports 52.

A resistance system 168 may also be provided to the second transfer system 56"" as shown in FIGS. 29-31 or to the first transfer system 54"". The resistance system 168 may include a brake 170, motor or any other form of resistance to resist the movement of the second transfer bar 74"". A spring centering system 172 may be included in the first transfer system 54"" to include a pair of springs 174 to guide the first transfer system 54"" to a predefined position.

Referring to FIGS. 32-35 a device 38 produced in accordance with an alternative embodiment of the invention is shown. Some aspects of this embodiment are similar to those shown in previous figures are not designated with a unique prime value following the numerical designation. Similar to those embodiments previously noted a first upper link 44 is coupled to a first lower link 46 and a second upper link 48 is similarly coupled to a second lower link 50. A pair of third transfer members 68" is in this embodiment, shown as rigid links, with a fixed length. As previously disclosed, these third transfer members 68" are coupled to the first lower link 46 and the second lower link 50, each with a second end coupled to a transfer coupling 70. A pair of fourth transfer members 72 connects each of the two transfer couplings 70 to the second transfer system 56"". In this embodiment the second transfer system 56"" includes a second transfer bar 74"" which includes a first ear 176 which is positioned substantially opposite to a second ear 178. This substantially opposite orientation of the first ear 176 relative to the second ear 178 enables substantially opposite displacement of one of the fourth transfer member 72 to the other fourth transfer member 72.

A similar system may be used in the first transfer system 54"" in which a first transfer bar 62"" may be provided with a first bar ear 180 positioned substantially opposite to a second bar ear 182. As with the second transfer system 56"", the first transfer bar 62"" of the first transfer system 54"" provides substantially opposite displacement of the first transfer member 58 relative to the second transfer member 60, thereby enabling substantially reciprocating movement of the first upper link 44 relative to the second upper link 48. To assist and guide the user, a compression link 100 may be provided to limit the bottom movement of the foot support 52 under the foot of the user during the stance phase of the gait. As previously disclosed, the compression link 100 may include a spring or other bias member that provides a cushion to comply with the user's higher force during the middle of the stance phase of most gait patterns. In addition, the bias in the compression link 100 may assist with the recoil of the foot during the toe-off at the end of the stance phase and beginning of the swing phase of many running and walking gaits. As such the compression link 100 may be desired to use in this or other embodiments of the invention.

An alternative resistance source has been provided in the form of a hydraulic damper 184. This may be a one-way shock which provides resistance to compression thereby resisting the tendency of the first upper link 44 and the second upper link 48 to fall under the weight of the user. The recoil, or upward movement of the first upper link 44 and the second upper link 48 may not be restricted if the damper 184 offers little or no resistance to extension of the cylinder of the damper 184. Any form of resistance commonly known in the art may be used in any number of locations including the first

13

transfer system 54''', the second transfer system 56''', the fourth transfer members 72 or in this case, the first transfer member 58 and the second transfer member 60 near the attachment with the first upper link 44 and the second upper link 48 respectively. A restriction to movement of any part of the system may result in restriction to movement of the foot supports 52 in that the foot supports 52 may be connected through the linkage systems as shown and described.

The foregoing detailed description of the present invention is provided for purposes of illustration, and it is not intended to be exhaustive or to limit the invention to the particular embodiment shown. The embodiments may provide different capabilities and benefits, depending on the configuration used to implement key features of the invention.

What is claimed is:

1. An exercise device, comprising:

- (a) a frame having a forward end and a rearward end,
 - (b) a first upper leg link pivotally coupled to the frame for pivoting about a first upper pivot point, and a second upper leg link pivotally coupled to the frame for pivoting about a second upper pivot point, wherein the first and second upper pivot points define a laterally extending upper pivot axis,
 - (c) a first lower leg link directly pivotally coupled to the first upper leg link distal to the first upper pivot point for pivoting about a first lower pivot point, and a second lower leg link directly pivotally coupled to the second upper leg link distal to the second upper pivot point for pivoting about a second lower pivot point, and
 - (d) a foot support attached to each lower leg link distal to the respective lower pivot point,
 - (e) wherein the upper leg links, lower leg links and foot supports are supported, configured and arranged such that the upper pivot axis will pass posterior to an orthostatic forward facing suited user supported upon the foot supports with the foot supports horizontally and vertically aligned.
2. The exercise device of claim 1 wherein the frame is configured and arranged to accommodate user access onto the exercise device from the rearward end.
3. The exercise device of claim 1 wherein the upper pivot axis will pass posterior to the orthostatic forward facing suited user at the hip region of the user.
4. The exercise device of claim 1 further comprising a first transfer system interconnecting the first upper leg link and the second upper leg link, whereby movement of the first upper leg link provides movement of the second upper leg link.
5. The exercise device of claim 1 further comprising a second transfer system interconnecting the first lower leg link

14

and the second lower leg link, whereby movement of the first lower leg link provides movement of the second lower leg link.

6. The exercise device of claim 4 further comprising a second transfer system interconnecting the first lower leg link and the second lower leg link, whereby movement of the first lower leg link provides movement of the second lower leg link.

7. An exercise device, comprising:

- (a) a frame having a forward end and a rearward end,
 - (b) a first upper leg link pivotally coupled to the frame for pivoting about a first upper pivot point, and a second upper leg link pivotally coupled to the frame for pivoting about a second upper pivot point, wherein the first and second upper pivot points define a laterally extending upper pivot axis,
 - (c) a first lower leg link directly pivotally coupled to the first upper leg link distal to the first upper pivot point for pivoting about a first lower pivot point, and a second lower leg link directly pivotally coupled to the second upper leg link distal to the second upper pivot point for pivoting about a second lower pivot point, and
 - (d) a foot support attached to each lower leg link distal to the respective lower pivot point,
 - (e) wherein the upper leg links, lower leg links and foot supports are supported, configured and arranged such that the upper pivot axis will pass posterior to the hip bone of an orthostatic forward facing suited user supported upon the foot supports with the foot supports horizontally and vertically aligned.
8. The exercise device of claim 7 wherein the frame is configured and arranged to accommodate user access onto the exercise device from the rearward end.
9. The exercise device of claim 7 further comprising a first transfer system interconnecting the first upper leg link and the second upper leg link, whereby movement of the first upper leg link provides movement of the second upper leg link.
10. The exercise device of claim 7 further comprising a second transfer system interconnecting the first lower leg link and the second lower leg link, whereby movement of the first lower leg link provides movement of the second lower leg link.
11. The exercise device of claim 9 further comprising a second transfer system interconnecting the first lower leg link and the second lower leg link, whereby movement of the first lower leg link provides movement of the second lower leg link.

* * * * *